A first meeting with the mayor

Residents put questions to John Biggs at mayoral assembly

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Charity begins in Lebanon

Council worker moves to Beirut to help refugees

SEE PAGE 14

Striding out in Shadwell

Gallop along with **Graham Barker's** walk of the month

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TOWER HAMLETS **eastendlife**

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Residents win fight to save their homes

THAT'S TALL FOLKS

Magician Alan Tall is retiring after decades entertaining sick children. See page 5

BY HELEN WATSON

RESIDENTS of a Spitalfields housing estate have won a battle to save their homes from demolition.

Registered social landlord EastendHomes served people living on the Holland Estate with an "initial demolition notice" in March 2014. The notice was part of a study that looked at bulldozing the homes of 600 residents and replacing them with a mix of social rents tenants and owner-occupiers.

Faced with the prospect of losing their homes, residents began a campaign for the estate to be refurbished rather than demolished.

They launched a petition, which had the support of almost 90 per cent of households.

The campaign also mobilised community groups, the council and Mayor John Biggs.

Mayor Biggs told East End Life: "The lack of good quality and genuinely affordable housing is one of the biggest issues we face.

"I am pleased to have been able to support the hard-fought campaign by Holland Estate – this shows what can happen when residents come together united in their desire to protect their homes and community.

"It's now right that their landlord fully commits to an open process of discussion and consultation on the future of the estate and its refurbishment."

In a letter delivered in late December, EastendHomes agreed to residents' requests for further consultation on repairs and refurbishment options.

Life-long resident Shamsur Rahman said: "It was a great relief when I received the letter from EastendHomes revoking the demolition notice.

"The fight really brought our community together."

A statement by EastendHomes said it had consulted residents of Barnett, Bernard, Brune, Carter and Wheler houses on options for the blocks.

It said: "There was a clear indication that the residents of Barnett, Bernard, Brune and Carter houses wanted further information on a repairs and refurbishment plan, rather than information on a redevelopment option."

The landlord said further consultation with the tenants and leaseholders of Wheler House would be carried out in the near future.

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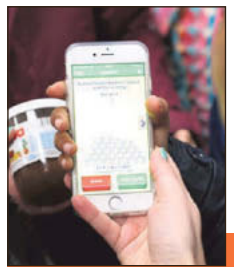
Healthy options

The Food4Health scheme rewards businesses offering fresh fruit and vegetables, and healthier food.



The sweet smell of success

"This app is an excellent tool to help children and adults learn about sugar and how to make healthy choices, and it's fantastic to see them getting involved and having fun."

CLLR AMY WHITELOCK GIBBS, BELOW

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East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every fortnight.

abc

The official independently audited door-to-door delivery is 82,345 Audit Bureau of Circulation (ABC Regional) Jan-June 2015.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

soundtalking

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email abdul.miah@towerhamlets.gov.uk

Printed by Trinity Mirror.

Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

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Appy to swap sugar for something else

BY ALISON LANGLEY

CHILDREN are being encouraged to make healthier choices using a new sugar swap app.

The app, part of Public Health England's Change4Life campaign, allows users to scan product barcodes to see their sugar content.

Pupils from Cubbitt Town Junior School tried it at Nisa Local on Manchester Road, a Gold winner of the Tower Hamlets Food for Health Awards scheme, which recognises stores for the range and quality of their fruit and veg.

The Year 2 children chose three low-sugar items and acted as shopkeepers by scanning them through the till.

Tower Hamlets has some of the country's highest rates of child obesity.

Figures from the National Child Measurement Programme 2014/15 reveal that 42 per cent of ten- to 11-year-olds – around 1,200 children in the borough – are overweight or obese. The national average is 33 per cent.

Children aged 4-10 consume more than 5,500 sugar cubes a year – around 22kg – and the campaign aims to encourage 'sugar swaps' – swapping food and drink with added sugar for options that are lower in sugar or sugar-free.

It also promotes eating at least five portions of fruit and veg a day, having regular meals, being conscious of portion sizes and limiting snacks.

Speaking at the launch, Cllr Amy Whitelock Gibbs, cabinet member for health, said: "We are very aware of the dangers of obesity, so bringing down the numbers of overweight children is a key priority for us.

"This app is an excellent tool to help children and adults learn about sugar and how to make healthy swaps and choices, and it's fantastic to see them getting involved and having fun."

The children enjoyed getting to grips with the app. Below: with Cllr Amy Whitelock Gibbs

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Charity begins in Lebanon
Striding out in Shadwell

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Residents win fight to save their homes

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Safeguarding against radicalisation

New website Educate Against Hate is aimed at raising awareness among teachers, governors and parents of the risks to children from extremism and radicalisation.

EDUCATEAGAINSTHATE.COM

Daunting task

"We cannot allow our children to grow up in fear and hate."

MARK KEARY, LEFT

News

BY NATHAN AKEHURST

GOVERNMENT ministers and the mayor were among those launching a new website aimed at safeguarding children.

Secretary of state for education Nicky Morgan and security minister John Hayes joined Mayor John Biggs, council staff and head teachers for the launch of Educate Against Hate at Bethnal Green Academy on January 19.

The website is a collection of resources developed by the Department for Education and the Home Office to raise awareness among teachers, governors and parents of the risks to children from extremism and radicalisation.

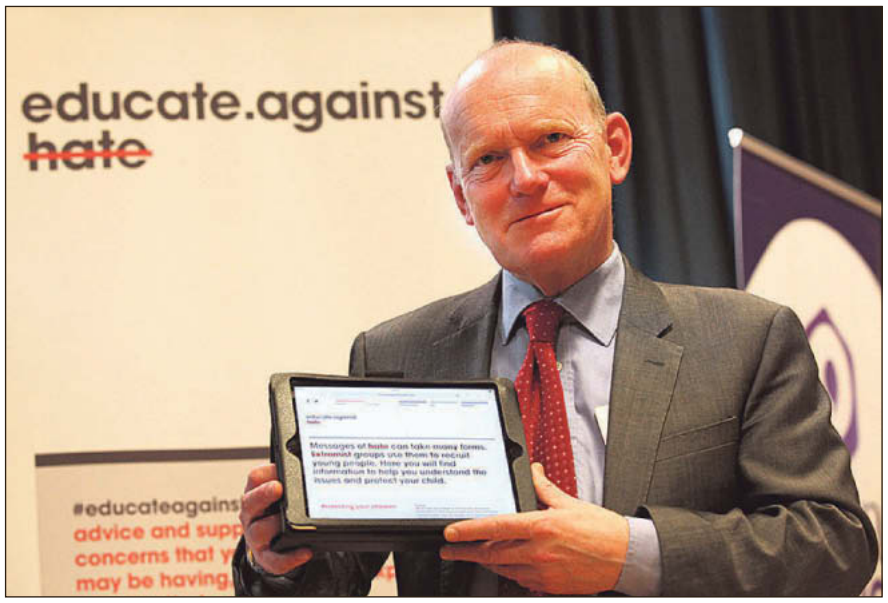
It provides them with the knowledge and resources to help safeguard children under their care and features council staff.

Tower Hamlets has led the way in safeguarding children against radicalisation in recent months following increased risks.

Schools have worked closely with the council and the police to ensure there are clear policies and practices in place to identify vulnerable children and refer them for support, promptly when appropriate.

They have developed shared materials and resources to promote programmes across the curriculum and for all age ranges. There has also been work to encourage safe online behaviour with pupils and parents through the Parental Engagement Team.

The secretary of state for education, Nicky Morgan



Mayor Biggs at the launch

Keeping kids 'out of reach'

Mayor Biggs said: "I was pleased to welcome the Department for Education and Home Office to Tower Hamlets in order to showcase our partnership work, both locally and nationally, to keep children safe.

"Only through strengthening parents, teachers and communities in identifying and responding to the warning signs of radicalisation can we protect children and young people from harm."

Cllr Shiria Khatun, cabinet member for community safety, added: "I'm proud of the work this council has been doing in schools, places of worship and community groups through projects like our Social Inclusion Panel."

Education secretary Mrs Morgan said: "We are determined to keep children safe in and out of school. Today's announcement of resources and tougher powers to protect young, impressionable minds from radical views will send a clear message to extremists that our children are 'firmly out of your reach'."

Bethnal Green Academy principal Mark Keary added: "We face a daunting task but have to find a way to make it work.

"We cannot allow our children to grow up in fear and hate."

Visit **educateagainsthate.com**

News in brief

Man and woman die in car crash

A MAN and woman died after their car overturned in Marsh Wall on the Isle of Dogs.

Emergency services were called to the scene near the junction with Manchester Road on Friday, January 22 at 5.25am.

Both occupants were pronounced dead at the scene.

A third person from the car was airlifted to hospital.

A spokesman for the London Ambulance Service said: "Sadly, despite extensive efforts, two patients were pronounced dead at the scene."

Ten years in jail for Bow drug dealer

A DRUG dealer from Bow has been jailed for more ten and a half years, after admitting possessing cocaine and heroin with intent to supply.

Shipu Miah, of Old Ford Road, appeared at Snaresbrook Crown Court on October 2 last year, where he also pleaded guilty to possession of criminal property in the form of over £170,000 in cash. He was sentenced on Friday, January 8.

Miah, 24, was arrested on June 10, 2015 when police raided a flat in Prince Meridian Walk, Poplar, which he was using as a safe house for the mixing and storage of class A drugs. Officers recovered 2kg of heroin, 1kg of cocaine, approximately 54kg of cutting agent and £171,195 in cash.

Unsung local heroes

CELEBRATE the unsung heroes of your community by nominating them for a civic award.

The council scheme recognises individuals who have made an outstanding contribution to the social, economic and physical wellbeing of the borough.

Email **speaker@towerhamlets.gov.uk** or call 7364 4883. The deadline for nominations is Friday, February 19.

Man sought for questioning

A MAN (right) who used a sledgehammer to smash the glass door of a property in Bethnal Green is wanted for questioning by police investigating an attempted burglary.

On November 16, 2015, police were called at around 10am to an address in Parmiter Street.

CCTV overlooking the entrance captured a man using a sledgehammer to smash the glass door. The same man is believed to have gained entry to the premises in the evening of November 7, 2015.

The suspect is described as in his 40s, with short hair. He is seen wearing a high-visibility hooded jacket and dark coloured trousers.

Call 101 quoting reference number 200281 or Crimestoppers anonymously on 0800 555 111.

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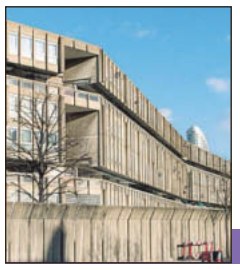

Counting the £13m cost

Tenancy fraud costs the council £13m per year. Until March, people illegally subletting council or housing association properties can hand back their keys, without consequence.

SEE BELOW

The magic stops

Magician Alan Tall has staged free variety shows for sick children for more than 30 years.

SEE BELOW

Amnesty to tackle sublet cheats

BY SUSAN MULLIGAN

THE council, Tower Hamlets Homes and local housing associations have launched a housing amnesty.

The initiative will help recover illegally sublet social housing and stamp out fraud, which costs residents and the council an estimated £13m per year.

The amnesty runs until March 6, giving tenants the chance to hand their keys to the council or housing association, without consequence, if they are illegally subletting properties.

Tenancy fraud is a criminal offence, which can incur a prison sentence, a criminal record or a fine of up to £5,000.

Mayor John Biggs said: "It is wrong for people to make a quick buck at the expense of those who desperately need a permanent home.

> "It is wrong for people to make a quick buck at the expense of those who desperately need a home."
> Mayor John Biggs

"Illegal sublets have a serious social and economic cost.

"Our priority is to get social housing back, to support the people on our housing list and to protect the public purse.

"We will honour the amnesty, but we will use all our powers to stamp out tenancy fraud going forward."

If you suspect that a council property is being illegally sublet, call the fraud team on 0800 5280294

Housing association Poplar HARCA has prosecuted two people for tenancy fraud so far this year. One property being sublet on the Leopold Estate was brought to light by a tip-off from a local resident – who is now entitled to £500.

If you know anyone illegally subletting a Poplar HARCA tenancy, call 0800 035 1991.

Our wait for a home is over at last

AMY Sictorness, 22, from Bethnal Green has just moved into a two-bedroom flat as a result of the council tackling tenancy fraud.

Amy has made 200 bids for a home since 2012. She was finally successful in November 2015, meaning she and five-month-old daughter Lucia could begin the next phase of their lives.

Amy said: "A home is so important. My daughter now has the space to grow and develop and reach her potential.

"It is shocking that people use social housing to make money. It means that people like me wait longer than we should for a home.

"I am glad that I have a home in Tower Hamlets so that I can stay close to my family and friends."

Susmita Sen, chief executive of Tower Hamlets Homes, said: "I am very pleased that we were able to accommodate Amy.

"Demand for our housing is high, and tenants who illegally sublet disadvantage those who need a home."

MAGICIAN Alan Tall is putting his magic wand away for good, after more than 30 years of staging free variety shows for sick children.

Alan, 87, told East End Life it all began when he was in his early 50s and a patient at the Royal London Hospital, in Whitechapel, suffering with tumours on his bowel.

"It was Boxing Day, I had been in hospital for about three months and I was feeling a bit sorry for myself," Alan told East End Life. "A consultant told me to stop moaning and took me to visit the children's ward. I entertained some of the young patients with illusions and that's how it began."

After he recovered and left hospital, Alan took up voluntary fundraising and entertainment activities, often with colleagues from the Magic Circle.

He has entertained at hospices, charity events and across the world and has met famous celebrities through his activities.

Now Alan, whose wife died four years ago, said he has officially cast his last spell.

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Keep in touch

To contact Cllr Oli Rahman or the Independent Group, email **cllr.oliur.rahman@towerhamlets.gov.uk**

Mayoral assembly is a step forward

"I promised to build in transparency and accountability to my engagement with residents. The assembly was a new and important step towards delivering this promise."

MAYOR JOHN BIGGS, BELOW

Continuity has led to success

News from council opposition leaders

IN the spirit of working together, I would be the first to admit that the mayor's ability to look beyond party politics and continue to implement council plans developed by Lutfur Rahman's previous administration have led to some successes.

The Municipal Journal, the National Association of Care Catering, Keep Britain Tidy and a range of professional bodies celebrated the council's performance under the previous administration, making it one of London's best performing authorities in many areas. We hope that the mayor will continue to build on this as he has with the new Civic Centre.

Looking ahead, the first budget by Mayor Biggs is imminent. The Independent Group has consistently opposed cuts affecting the most vulnerable or to front-line services, an increase in charges for critical provisions, or to fall for 'false' savings to balance the books.

Current budget proposals include funding cuts to a laundry service for the vulnerable and elderly, youth services, free home care for the elderly, voluntary sector grants, children's school history trips, and student bursaries. Also included are cuts to PGCE training for BAME teachers, child and adolescent mental health services, East End Life, new charges for adult care and deleting the posts of ten waste THEOs, as part of the mayor's cuts of £63m over three years. We feel this lacks vision and is simply managerial.

Independent Group mentioned, at the scrutiny meeting, on January 4, that to get rid of THEOs would not contribute to the cleaner streets that were a mayoral priority. The large volume of food outlets, small businesses and markets that are a core part of the local economy generate a considerable deal of waste which, coupled with fly-tipping, graffiti and other associated issues, present a considerable challenge.

I am asking the mayor to withdraw this proposal and for him to pledge a 'no redundancy and no cuts to front-line services and jobs' budget. If he does so, he will find an honest and supportive ally in me.

Cllr Oli Rahman,
Leader of Opposition,
Independent Group

JOHN Biggs held his first Mayoral Assembly at Swanlea School on January 21. More than 80 people attended to discuss ideas and raise concerns with the Mayor. Topics included Whitechapel Vision, work being done to create jobs for local people, support for businesses and local anti-social behaviour issues. A live Twitter feed gave those unable to attend a chance to share their views. Cllr Sirajul Islam, deputy mayor and cabinet member for housing, chaired the meeting. To submit a question to the mayor, email consultation@towerhamlets.gov.uk

Awards for volunteers

BY STEFAN SWIFT

RESIDENTS are invited to nominate members of the community who helped make the borough a safer place during 2015.

Nominations are being sought for the Community Safety Awards 2015. Entries close on Sunday, February 7 and the winners will be announced in March.

The Tower Hamlets Safer Neighbourhood Board and Community Safety Partnership has created the awards to recognise the public's invaluable contribution to preventing crime and anti-social behaviour.

Nominations can be for those volunteering on their own or working with residents or community groups, charities or organisations.

The awards aim to recognise their important contribution and highlight achievement, innovation and best practice. It is hoped winners will inspire others to help make their communities safer.

If you know of someone or a group who deserve recognition, complete an online form or pick up a paper nomination form from your local community building, GP, the Town Hall or Idea Store.

Nominations are invited in the following categories:

- Best Individual Achievement by a Young Person: For under-18s who have made a significant contribution.
- Best Community Project: For grass roots projects or activities led by the community.
- Best Community Voluntary Group: For voluntary groups including tenant residents associations, Neighbourhood Watch and other groups.
- Best Community Volunteer: For individuals (adults only) who have made a significant contribution to community safety in their area.
- Best Partnership Officer/Team/Project: For projects or activities led by professionals working in community safety organisations, who have either individually or collectively made the local area safer.

Cllr Shiria Khatun, cabinet member for community safety, said: "It is really important that local people are recognised for their contribution.

"By working with the police and local communities, we aim to support victims and help prevent crime in the borough. Too often, volunteers who help prevent crime or support victims are not recognised so we urge residents and visitors to nominate local heroes."

Visit **www.towerhamlets.gov.uk** for details and nomination forms.

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What a load of rubbish!

Did you know, it takes a paper bag up to one month to biodegrade, orange peel and banana skins up to two years and a staggering 450 years for a plastic bottle.

SEE BELOW

Know your rights

Rights of Women is a charity which works to empower women by informing them of their legal rights.

RIGHTSOFWOMEN.ORG.UK

News

Hajj firm fined £12,000 for failing to protect travellers

BY STEFAN SWIFT

A TRAVEL company has been fined more than £12,000 for failing to protect customers who bought Hajj pilgrimage packages.

Al Kabir Travels & Tours was fined a total of £12,644 for two consumer protection offences at Thames Magistrates' Court on January 7.

The court heard that the firm failed to ensure the protection of 120 people who booked trips to the annual Hajj pilgrimage in Saudi Arabia last year.

Al Kabir Travels & Tours did not have any of the required contingencies in place to allow the repatriation of the travellers it sent abroad. It also did not have the facility to issue refunds.

These offences are contrary to the Package Travel, Package Holidays and Package Tours Regulations 1992 and part of the Consumer Protection from Unfair Trading Regulations 2008.

The company was previously fined £9,606 in August last year for similar offences in action instigated by Birmingham City Council.

Tower Hamlets Council warned residents in August 2014 to be on their guard against dodgy tour operators.

It was estimated that approximately 40 companies selling pilgrimage packages may fall short of expectations.

Residents should check that firms are properly registered and that tour operators hold an Air Travel Organiser's Licence (ATOL) and belong to a trade organisation such as Association of British Travel Agents (ABTA) or International Air Transport Association (IATA).

Cllr Shiria Khatun, cabinet member for community safety, said: "About 25,000 people from the UK embark on Hajj every year and many are from Tower Hamlets.

"We hope that this enforcement action against one rogue tour operator will act as a deterrent to others."

If you have any concerns about tour operators call 7364 5008 or email **trading.standards@towerhamlets.gov.uk**

Police hunt suspect in florist raid

DETECTIVES investigating a burglary have issued CCTV footage of a man they wish to speak to.

Police were called on October 6, 2015 at 1.25pm to a report of a burglary at a florist on Cambridge Heath Road, Bethnal Green.

The man was caught on CCTV entering the shop and walking around the store.

He then went upstairs to the first-floor flat before leaving minutes later.

A Sony laptop valued at £500 was stolen.

The man police want to speak to is in his 30s with short hair and glasses.

He was wearing a black coat and jeans and was carrying a rucksack.

Anyone with any information is asked to contact police on 101 quoting reference number 1999962 or Crimestoppers anonymously on 0800 555 111.

PUPILS from Sir John Cass School in Stepney helped kick-start a new clean-up campaign on Thursday, January 14.
The children joined war veteran Michael Swain MBE, TV personalities Tyger Drew-Honey and Vicki Michelle, and Cllr Ayas Miah, cabinet member for environment, to launch Clean for The Queen, an appeal for volunteers to help keep their communities litter-free. It coincides with the Queen's 90th birthday and is being run by Keep Britain Tidy. It aims to attract one million people to join a clean-up weekend on March 4, 5 and 6. You can find details of how to organise an event at www.cleanforthequeen.co.uk

Funds to tackle domestic abuse

THE council's community safety team has been awarded almost £65,000 of extra funding to help support victims of domestic violence and abuse.

The £64,378 from the Department for Communities and Local Government (DCLG) will be used for a pilot project supporting the most vulnerable victims by offering accommodation, support and legal advice.

The council will work with specialist organisations, Rights of Women and Against Violence and Abuse.

The borough's supporting people and housing options services and a range of housing partners will also be involved.

The most disadvantaged will be given an emergency bed until their needs are addressed by a specialist support worker.

The council will also offer additional support for those living in hostels.Priority will be given to women experiencing multiple issues – complex drugs and alcohol needs, homelessness, mental health issues, street based sex workers or those with limited financial means.

■ YOUNG people can enter a competition to win up to £100 in vouchers by telling the council what a healthy relationship looks like.

Entrants are encouraged to show off their talent by submitting a poster, video, presentation or written piece encapsulating their idea.

There are two categories – multimedia and posters.

The winning poster will be displayed across the borough.

There will be 12 prizes on offer where one winner could win up to £100 in vouchers.

The competition closes on March 27.

Email **vawg@towerhamlets.gov.uk** to enter.

2016-17: Small Grants for Mental Health User-Led Groups

APPLICATIONS ARE REQUESTED FOR MENTAL HEALTH USER-LED GROUP FUNDING.

To be eligible for a grant, your group must:

a. Support residents of Tower Hamlets with identified mental health needs aged over 18
b. Be led by mental health service users
   i) Existing funded groups:- to demonstrate performance (track record) of being a user-led group.
   ii) New groups:- to demonstrate experience or aspiration for being a user-led group
c. Provide peer support, therapeutic or social activities
d. Provide a quality service to an active membership
e. Priority will be given to groups that provide activities that take place out of hours
f. Priority will be given to groups that target users who are currently under represented in the overall funding scheme
g. Priority will be given to groups who demonstrate a commitment to the agreed outcomes and outputs
h. Priority will be given to groups who demonstrate a commitment to sustainable development

The maximum grant award to any user-led group is £5,000. Please note due to a finite budget for the small grants, the level of grant awards to successful groups will depend on the number of total applications.

Deadline for returning all small grants application is Monday 22nd February 2016.
For an application pack please contact: Ambia Khatun (Development Worker – Community Options)
Telephone: 020 8313 9725
e-mail: Ambia.Khatun@community-options.org.uk

TOWER HAMLETS

For your information

Parking to pest control, housing to hate crime

TURN TO PAGES 20 & 21

Life-enhancing opportunities

By volunteering at the cemetery park you'll learn new skills, meet new people and be improving a much-loved open space. It won't do your CV any harm either. Doing good is good for you.

SEE BELOW

Useful information

Why doing good will do you good

News from Tower Hamlets Cemetery Park

IT'S that time of year again. Many of us will spend a lot of energy setting dos and don'ts for the year ahead. "New year, new me," and all that.

I know, I know, resolutions can sometimes feel a bit tired, but they can still be useful.

For the start of 2016, think about giving up some of your time to do some good. Set yourself an ambitious goal to make a difference by volunteering.

Anyone can volunteer. All you need is that desire to change the world for the better.

The International Citizen Service has the perfect tagline: "You don't need cash or qualifications, just the motivation to make a difference."

This is ideal for shattering anyone's misconceptions about volunteering and I feel can strengthen the feeling that, with passion, we can all make a difference where we live.

If you've been thinking about volunteering or have been contemplating your resolutions for 2016, consider helping us, the Friends of Tower Hamlets Cemetery Park.

We're a local charity and we do rely on the goodwill and help from volunteers.

Volunteers are integral to the care and management of the park for wildlife, people and education.

We run two open sessions for volunteering. We provide all the tools, training, and plenty of tea and coffee.

We meet at the Soanes Centre, which is on the right as you enter via our main gates on Southern Grove, Mile End.

Practical nature conservation sessions run every Tuesday, from 10am-4pm and the first Sunday of the month, again from 10am-4pm.

If you'd love to discover how we record and research our

burial history then, on the second Sunday of every month, you can join our heritage volunteers to help them record grave inscriptions.

We go out in all weather, so please wear clothes and shoes that you don't mind getting mucky and that protect you against the elements.

You can bring a packed lunch if you plan to stay for the day; you're equally welcome to only stay with us for the morning.

Volunteering has so many benefits to you as well as to us. Along with that feeling of a warm glow from knowing you're helping a worthwhile cause and following your passions, it has also been linked with increased happiness and decreased depression.

You'll learn new skills, meet new people and be improving an open space which enhances physical and mental wellbeing, and provides a haven for wildlife. It won't do your CV any harm either. Doing good is good for you.

There has never been a better time to commit to volunteering.

Visit **www.fothcp.org/volunteer** or call 8983 1277 for more information. You can find us across all social networks with the handle **@FoTHCP**.

Kenneth Greenway, cemetery park manager

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.
Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road: Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.
Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat 9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group
For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14.
0844 225 3704/0808 800 0303

Family Information Service (FIS)
The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm.
30 Greatorex Street, E1.
fis@towerhamlets.gov.uk
7364 6495

Alzheimer's Society Tower Hamlets
Advice and help for carers and people with dementia.
Mon-Fri, 9am-5pm.
Robinson Centre, Mile End Hospital, Bancroft Road, E1.
8121 5626

Tower Hamlets Advocacy Project
Independent advocates for adults with learning disabilities.
Mon-Fri, 9.30am-4.30pm.
Gladstone Place, 1 Ewart Place, E3.
7364 2550/2199

Parents Advice Centre (PAC)
Offers advice around special educational needs (SEN).
30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9:30am-3.30pm.
364 6489

LinkAge Plus
An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1
7392 2914
www.toynbeehall.org.uk

Free Advice
Benefits, housing, immigration. Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14.
7987 9379

Skillsmatch
Free advice on all aspects of employment including training, apprenticeships and job vacancies.
Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14.
7364 3727 or email skillsmatch@towerhamlets.gov.uk

Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email **eastendlife.news@towerhamlets.gov.uk** and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

.....

.....

Issue no. **Page no.**

Tower Hamlets National Childbirth Trust
Offers support, information and friendship to parents and parents-to-be. Regular events.
07976 710964 or towerhamletsnct@yahoo.com
www.nct.org.uk

Breastfeeding Support Centres
Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14.
3594 2591 or 07961 609 626

Free home fire safety advice
From the London Fire Brigade
08000 28 44 28

Careers advice

Tower Hamlets Careers Service
Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available.
Careers Centre, 35 Bow Road, E3.
7364 1401

TH Lifelong Learning
Mon-Thurs, 10am-4pm.
Shadwell Centre, 455 The Highway, E1.

Careers advice
Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm
Bishopsgate Institute, 230 Bishopsgate, EC2.
07432 463343

Check for the signs of TB

Typical symptoms of TB include a persistent cough lasting more than three weeks, weight loss, night sweats, fever, tiredness, loss of appetite and new swellings that last for a few weeks.

SEE BELOW

Change for the better

Tower Hamlets' Food for Health Awards recognise businesses making healthy changes to their menus.

TOWERHAMLETS.GOV.UK/FOODFORHEALTH

New sports pitch is just the beginning

JOHN Orwell Sports Centre in Wapping has scored a brand new AstroTurf pitch, thanks to investment from the council.

Mayor John Biggs went down to the centre on Wednesday, January 13 to officially open it.

The new AstroTurf is available for hockey, small-sided football and school multi-sport bookings.

Speaking at the opening, Mayor Biggs said: "The John Orwell Sports Centre has seen a huge amount of investment from both the council and Sport England.

"We are making this a great place for people to get fit and active."

The centre has been undergoing a two-year capital improvement programme. By the end of March 2016 about £650,000 will have been invested in improving the facility.

Improvements, alongside the new pitch, include the installation of LED floodlights and changes to the look and feel of the site – including improved disabled access.

The pitch does not spell the end for investment in the centre either.

The final phase of the project will include the refurbishment of outdoor changing rooms for teams using the AstroTurf. This will be followed by a revamp of the indoor changing rooms and the replacement of the multi-use games area. These works will be completed by the spring.

Cllr Asma Begum, cabinet member for culture, said: "It is important for the council to invest in sport – because it delivers savings elsewhere.

"If we have healthier and happier residents, there will be less of a strain on our doctors and hospitals.

"I really hope our residents make the most of this fabulous facility."

Mayor John Biggs cuts the ribbon to officially open the new AstroTurf

Views from the new stand and pitch

News in brief

Golden grub

MORE businesses have struck gold in Tower Hamlets' Food for Health Awards.

Poncho No 8, a new Mexican restaurant in Canary Wharf, and Bethnal Green takeaway PDC were the latest to win.

For tasty and healthy food ideas, check out the full list of winners at **towerhamlets.gov.uk/foodforhealth**

Mini Marathon trial

ARE you aged 11-17? If so, you could represent the borough in the Virgin Money Giving London Mini Marathon on April 24.

The council, with Junior Park Run, Victoria Park Harriers and Tower Hamlets Athletics Club, is hosting trials at Mile End Stadium in Feburary.

For details, call Shenneth Brereton on 7364 2437.

Persistent cough? Get the TB check

BY JESSICA ODUBAYO

PEOPLE in Tower Hamlets are being urged to get tested for tuberculosis (TB).

Award-winning actress Emma Thompson and her son, Tindy Agaba, visited a mobile screening unit in Whitechapel as part of a campaign run by the Mayor of London.

Tindy was diagnosed and treated for the disease in 2011.

Appointed as London mayor Boris Johnson's TB ambassador, Ms Thompson went to the Whitechapel Mission homeless day centre as users had X-rays and were vaccinated against flu and pneumonia.

Her visit came as the National Institute for Health and Care Excellence (NICE) published updated guidance on TB.

The Mayor of London is working with Public Health England and University College London Hospitals (UCLH) to raise awareness of the disease and encourage people to consult their GP if they have any symptoms.

A mobile Find & Treat service works alongside health and social care services to tackle TB in vulnerable groups such as the homeless, migrants or those with drug and alcohol problems.

Emma Thompson with son Tindy Agaba, who had TB

The Find & Treat team screens almost 10,000 Londoners each year, immediately referring those who need further care to a specialist.

Ms Thompson said: "Early diagnosis and treatment are vital in the fight against TB, a battle which I am deeply committed to after my son Tindy's experience of the disease.

"The Find & Treat service plays an invaluable role in reaching out to all sections of our community, providing support and raising awareness of how important it is to get tested, get treated and get cured.

"It is already making a huge difference, screening thousands of people and helping them return to health.

"The scale of TB in such a developed, world-class city as London is truly alarming and I will continue to work with the mayor to keep this disease at the top of the health agenda."

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491 Roman Road | London E3 5LX
020 8980 8877
Peckham Branch
160-162 Rye Lane | London SE15 4NB
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www.Tommysuk.com
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Outstanding work

"We are particularly proud of the recognition we have received for our outstanding work in the arts."

JANET BANZACA, ARNHEM WHARF, BELOW

Food for people in crisis

Tower Hamlets Foodbank gives food, support and advice to local people in crisis. Each person is given an emergency donation of food, enough for three days, and help in solving their problems.

WWW.FIRSTLOVEFOUNDATION.ORG.UK

All the world's a stage

Arnhem Wharf pupils stage Macbeth as part of Shakespeare Schools Festival

BY JESSICA ODUBAYO

PERFORMERS from Arnhem Wharf Primary School staged a production of Macbeth as part of a national festival.

The Shakespeare Schools Festival runs annually, with performances in theatres across the country.

Year six pupils at the Isle of Dogs school were among 35,000 young people who performed in 138 theatres on 320 performance nights nationwide.

The cast (pictured) presented their production at The Albany Theatre in Deptford.

Teacher Janet Banzaca, who directed the performance, said: "Preparing a Shakespeare production with a large group of ten-year-olds, to be performed in a professional theatre, was a daunting project to take on, but I needn't have worried.

"The children worked extremely hard to learn their parts, gave impressive performances and were more than up to the task of dealing with Shakespearean language."

Young performers said taking part was a big experience, which improved their public speaking skills and confidence.

STUDENTS at London Enterprise Academy in Spitalfields collected more than 300 items of food to help make a difference to families struggling to pay their bills. The food has been donated to Tower Hamlets Foodbank.

Principal Ashid Ali said: "I am keen to ensure our students make an active contribution to society and develop as responsible citizens.

"Many of our students come from a background of poverty and wanted to help out, as they are aware that there are people who are worse off than them.

"As our school grows, we intend to make sure that our contribution to charities is developed further."

STUDENTS and teachers (pictured right) from George Green's School on the Isle of Dogs travelled on the Emirates Air Line cable car, as part of a day out hosted by the Rotary Club of Tower Hamlets. The visitors explored the Crystal building in the Royal Docks, which houses German technology giant Siemens, and cost £30 million to build. The building also features a museum, exhibition hall and a centre for dialogue, learning and discovery about world cities.

News in brief

Coding for kids

PARENTS are invited to enrol children aged 8-14 on the winter programme of a free computer coding club, which runs until Saturday, March 19.

Wizzie Wizzie introduces kids to computer programming so they can make their own games and other things.

The club meets at Rochelle School, Arnold Circus, Bethnal Green. Tutors are professional programmers and CRB checked.

Register at **wizziewizzie.org** – select Rochelle from the drop-down menu. For details email Milverton Wallace at **thewizziewizzie@gmail.com**

Oaklands teacher is vice president

A TEACHER at Oaklands School has been elected as a vice president of the National Union of Teachers.

Kiri Tunks (above), a drama and theatre studies teacher at the Bethnal Green school, has worked in the borough for more than 20 years. She will be the third Tower Hamlets teacher to have been elected to the position in the last 20 years.

Work experience

BUILDING on the success of its 750 Club in 2015, Tower Hamlets Education Business Partnership has launched a 1,000 Club.

The club aims to increase work experience placements for 14- to 18-year-olds at City and Canary Wharf companies to 1,000 by the end of this year.

Last year, more than 40 firms representing industries including banking, insurance, law and construction, worked with the partnership to achieve the target of 750 work placements for Tower Hamlets students.

Make sure you are REGISTERED

You will shortly be receiving a **HOUSEHOLD NOTIFICATION LETTER** showing the names of everyone registered to vote at your property.

If all the information is correct, you do not need to do anything else.

But, for anyone who has left the property or for any changes to the information printed, please amend the form, sign and return it in the pre-paid envelope provided.

If someone is not listed, they can apply to register by visiting the following website:
www.gov.uk/register-to-vote

If you do not have access to the web, you can add your name to the form, sign and return it, or you can request a paper form by calling the Electoral Services Office on:
020 7364 0872.

What elections are happening in my area?

The Mayor of London and London Assembly elections will take place on **Thursday 5 May 2016.**

If you are registered and entitled to vote at this election, you will receive a poll card with more information about how to vote nearer the time.

TOWER HAMLETS

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Tuesday 2nd February 2016
4.00pm to 6.00pm
at the BFI Southbank, Belvedere Road, London SE1 8XT

Thursday 4th February 2016
4.00pm to 5.30pm
at Mulberry School for Girls, Richard Street, Commercial Road, London E1 2JP

Tuesday 9th February 2016
5.00pm to 7.00pm
at Goldsmiths, University of London Prof. Stuart Hall Building , New Cross, London SE14 6NW

Wednesday 10th February 2016
2.00pm to 4.00pm
at the Bow Fire Station, 64 Parnell Road, London E3 2RU

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Where Learning Works

Further details at ***www.mulberryutc.co.uk***

Fighting for acceptance for everyone

Stonewall

Stonewall is Britain's leading charity for lesbian, gay, bisexual and trans equality, working to create a world where every person can be accepted without exception. Visit...

WWW.STONEWALL.ORG.UK

Deadly poison

Mercury can damage the kidneys, liver and brain, causing a host of serious and potentially fatal health problems.

Borough high in Stonewall Index

THE council is the highest new local government entry in the UK's Stonewall Index.

It was praised for recognising LGBT heroes and its work with the community on diversity.

The council entered the index at number 30, meaning it is considered among the best employers for lesbian, gay and bisexual staff.

It is compiled from submissions to the Workplace Equality Index.

Mayor John Biggs said: "I am proud that Stonewall has recognised the work that we are doing to support cohesion in our workplace and across our communities.

"We will continue to celebrate our LGBT staff and community's contribution to making Tower Hamlets great."

Tower Hamlets Homes was in the top five of the index for the second consecutive year.

Megan Perryman, head of public sector programmes at Stonewall, said: "Tower Hamlets should be proud of itself after such a strong performance from the borough in this year's index.

"We continue to be inspired by local government, and other public sector organisations like Tower Hamlets Homes."

For the full list visit **www.stonewall.org.uk/get-involved/workplace/workplace-equality-index**

LOCALS are in for a treat at a street food festival on January 28. Nourish: Whitechapel, organised by the council and Barts NHS Trust, will take place in front of the Royal London Hospital between 11am and 3pm. It will feature food and drinks stalls, games and music. Community groups will have information on the ongoing plans to transform Whitechapel. Major regeneration schemes include a new Whitechapel Crossrail station opening in 2018 and plans for a council Civic Centre on the old Royal London Hospital site. The reshaping of Whitechapel town centre also includes improvements to public spaces and roads. Development plans will include 3,500 new homes and 5,000 job opportunities.

News in brief

Playgroup opens

FOUNDERS of a new playgroup will host an open day on Monday, February 1.

The event will introduce parents and carers to active play with children at Little Pearls.

Little Pearls is at Kedleston Walk community centre, Hollybush Gardens, Bethnal Green.

For details, call Nazrin Hussain on 07805 556053 or email **nazrinhussain5@gmail.com**

Beating the booze

A SCHEME to reduce underage drinking and associated anti-social behaviour has been launched in Mile End.

The council's community alcohol partnership was launched at St Paul's Way Community Centre on Monday, January 11.

It works with shops to stamp out underage drinking.

Toxic lightening creams seized

BY STEFAN SWIFT

CREAMS containing ingredients that could permanently damage health have been seized by the council after being found on sale in the borough.

Three skin-lightening products tested by the trading standards team were found to contain high levels of hydroquinone and mercury.

These ingredients are harmful to health and can cause permanent skin damage.

Skin creams containing hydroquinone and mercury are banned in all European Union (EU) countries but not in some other countries, where they can be sold legally.

The products which failed the test were RDL Hydroquinone Tretinion Babyface Solution No. 2 and No. 3 as well as Fazia Beauty Cream (bleach and freckle).

Hydroquinone is harmful as it can cause liver and skin damage.

It also inhibits production of the pigment melanin, which gives skin its colour.

Melanin is vital to protect the skin against UV radiation so your body will over-compensate by producing more of it, which increases the risk of skin cancer.

Mercury is a toxic element which accumulates in the body and damages the kidneys, liver and brain, causing a host of serious and potentially fatal health problems.

The council is providing advice to traders and carrying out further inspections.

If you have bought either of these creams, you should stop using them immediately and consult your doctor if you are concerned about skin damage or health problems.

To report the sale of dangerous or illegal goods call 7364 5008 or email **trading.standards@towerhamlets.gov.uk**

Resident Board Member vacancies

Tower Hamlets Homes

We are looking for Resident Board Members (Tenants & Leaseholders) to help us deliver great services that meet customers' needs.

Great things are happening at Tower Hamlets Homes. We manage more than 21,000 homes and have a fantastic reputation when it comes to making a sustainable impact in our neighbourhoods.

We have made great strides to improve the homes our residents live in, including bringing 7,000 homes up to the decent homes standard, with further investment planned over the next two years. As well as the physical improvements, we have been supporting our residents to improve their lives and the communities through a range of community programmes, including supporting those being impacted by the changes to welfare reform. Our work has been recognised nationally.

We would like to hear from people who want to create neighbourhoods where people choose to live. We need residents who are well connected to their community, with good communication skills, who understand their neighbourhood and beyond and can see the bigger picture.

For more information and to apply for this role, please visit the Tower Hamlets Homes website: www.thh.org.uk
communities.
If you would like to have an informal discussion about this role, please contact Les Warren on 020 7364 7130

Closing date: Friday 5 February 2016

TPAS AWARDS 2015 · Living Wage · Social Housing Equality Framework Excellent · Stonewall Top 100 Employers · Positive About Disabled People · Mindful Employer · UKHA Innovation 2015

Humanitarian crisis

One in four people living in Lebanon is a refugee. One million of them live in the countryside, many in tent cities.

Helping innocent victims of war

"INARA has helped so many people – from Adnan, who was shot by snipers in his spine and lost the ability to walk, to nine-month-old Rouba, who is covered in burns."

SEE BELOW

Elena (above) and Adnan (below) have been helped by INARA

From Bethnal Green to the heart of Beirut

Council worker Sam joins children's charity helping save refugee children

BY HELEN WATSON

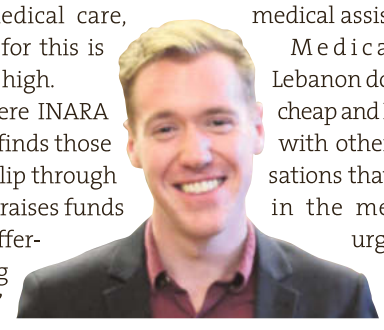
LOCAL resident Sam Gough has swapped Bethnal Green for Beirut – moving to Lebanon to work with a charity providing medical care for refugees.

Sam (pictured), who worked in the council's communications team, has joined the International Network for Aid, Relief and Assistance (INARA), which provides life-saving and life-altering medical assistance to children impacted by war.

"INARA provides medical care for young Syrian refugees who have been injured in the bloody civil war," Sam told East End Life.

"There are a lot of foreign aid organisations in Lebanon providing medical care, but demand for this is unbelievably high.

"That's where INARA comes in – it finds those people who slip through the gaps and raises funds to make a difference to young people's lives."



One in four people living in Lebanon is a refugee. One million of them live in the countryside, many in tent cities in the Bekaa Valley.

With winter upon us, many people will be in need of medical assistance.

Medical care in Lebanon does not come cheap and INARA, along with other aid organisations that work within the medical field, urgently needs more donations.

"I am going to Lebanon because I really want to make a difference," Sam said.

"INARA has helped so many people – from Adnan, who was shot by snipers in his spine and lost the ability to walk, to nine-month-old Rouba, who is covered in burns.

"These people need so much support and care and, in trying to raise awareness about this charity and the vital work it does, I hope I can do my bit."

You can find out more about INARA and its work by visiting **inara.org**

Tower Hamlets Energy

...bringing residents cheap gas and electricity

Following our energy auction on 13 October 2015, residents who registered saw an average saving of 230.17 per year!

1 Register with us for free. You're under no obligation to switch energy providers

2 You then receive a personalised offer outlining any savings that you could make

The next energy auction is on February 2nd 2016. Register online by February 1st to see if you can save.

You can also register by calling the Freephone number below.

TOWER HAMLETS T.H.E. COMMUNITY POWER

0800 508 8364

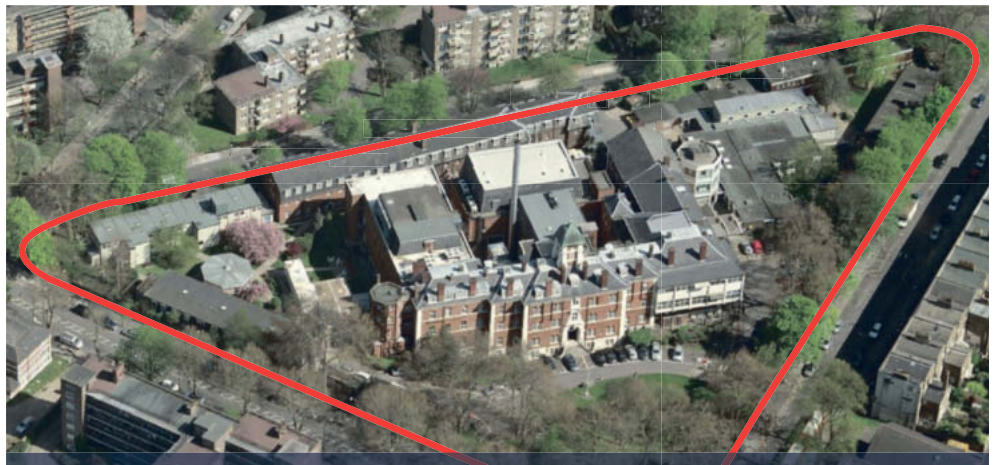
www.towerhamlets.gov.uk/energy

Crest Nicholson

Circle Housing Enhancing Life Chances

Local residents and businesses are invited to attend a public exhibition displaying the initial development proposals for the Former London Chest Hospital.

Crest Nicholson and Circle Housing will be hosting a public exhibition to introduce their vision for the redevelopment of the Former London Chest Hospital in Bethnal Green. Members of the project team will be on hand to discuss the proposals with local residents and businesses.



The exhibition will take place at Bethnal Green Methodist Church, Approach Road, Bethnal Green, London E2 9JP (corner of Approach Road and Bonner Road) at the following times and dates:

- Thursday 28th January: 3pm - 8pm
- Saturday 30th January: 10am - 2pm

In the meantime, if you require further information please call 0203 176 4161, or email Info@LondonChestHospital.co.uk. You can also find further information online at: www.LondonChestHospital.co.uk

Self-created fiction and incredible facts

In a new book, Jumpin' Jack Flash (pictured left), author Keiron Pim has done a superb (and beautifully researched) job of pinning down this East End boy made good... and bad.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at **johnrennie@gmail.com**

WWW.EASTLONDONHISTORY.COM

History

Friends in high – and low – places

BY JOHN RENNIE

"He opened his front door and felt a fist in his face, then nothing until a strange vision appeared."

David Litvinoff had woken in a few odd places before, but this was different.

Tied to a chair, roped against the railings of his balcony, two floors up and perilously dangling above Kensington High Street below. Somehow managing to haul himself back inside, he inspected the damage – shaved skull, broken nose, bruised and blackening body and face.

Over the remaining years of his short life, Litvinoff would retell and embroider his tale. At one point it had him running down to the street naked, to be greeted by an Evening Standard vendor, who asked solicitiously: "Would you care to borrow a coat, sir?"

But was it the Kray twins or Lucian Freud who had exacted such painful and humiliating vengeance upon the East End mover and fixer?

Shifting between two worlds in the 1950s and 60s – between the East End criminal underworld and a Chelsea set of rock stars, slumming aristos and artists – the half sibling of the celebrated Litvinoff brothers had managed to impress and infuriate both in equal measure. Vengeance, when it came, could be deadly.

The story of David Litvinoff is a tough one to pin down. His self-created fictions jostle for space with facts too incredible to believe (though frequently true). Yet in a new book, author Keiron Pim has done a superb (and beautifully researched) job of pinning down this East End boy made good (and bad).

The story begins in 1913, in Whitechapel. The little dead-end street of Hare Marsh had become home to Maksim and Rose Livinoff, who had fled the tsarist pogroms in Odessa. Further horror would befall Rose when, along with many other 'aliens' in Whitechapel, her husband was recalled during World War I to fight for the leader who had persecuted them.

Comrades returning to the East End told a heart-rending story of Maksim appearing on the quay at Archangel, just as the boat cast off ropes and headed back to London, Maksim waving and pleading for them to return. He would never be seen again.

Abandoned with four children to raise, Rose supported herself with her earnings as a dressmaker, and swiftly married again, to Solomon Levy. Another five children came along, among them David, born in 1928.

"Litvinoff shifted between two worlds in the 1950s and 60s – the East End criminal underworld and a Chelsea set of rock stars, aristos and artists."

Above: Litvinoff
Above right: Mick Jagger starred in Performance

His two elder half-brothers, Emanuel and historian Barnet, would find fame in writing and academia.

Emanuel, who died in 2011, was a novelist, playwright and poet, famously and bravely calling out TS Eliot for his repeated anti-semitic verses in his own poem, To TS Eliot. In 1972, he would document his own working-class Jewish East End childhood in Journey Through a Small Planet.

Barnet, meanwhile, would pen works on Medieval Europe, and explore anti-semitism down the ages.

David adored and admired his brothers, and was similarly painfully aware of anti-semitism in mid-century Britain. He too had a quick and agile brain, but he would turn it to the darker side of London life.

One day in 1954, Lucian Freud walked into Esmeralda's Barn, a smart nightclub in Kensington, to hear the barman asking a customer: "Is that on your bill, Mr Freud?" The painter reached the bar and, puzzled, asked: "Who was that just buying a drink?" The barman replied: "Oh, that's Mr Lucian Freud."

David was adept at shifting personas. He had already dropped the name 'Levy' in favour of the more exotic sounding 'Litvinoff' (possibly, also as a way of feeling closer to his beloved half brothers).

And with a passing resemblance to his fellow Jew and a heap of chutzpah, he became one of London's most famous and expensive painters... and in his own manor.

Freud wasn't a man to be crossed and he later recalled Litvinoff (for it was he) as "possibly the most revolting person I had ever seen... repulsive".

Jazz musician George Melly, who David had befriended in the clubs of Soho, remembered his pal's face as "either beautiful or ugly, I could never decide which". A similarly ambivalent Freud then decided to paint the imposter, reasoning: "I can do a self portrait without all the bother of looking in the mirror!"

The painting would become known as 'Man in a Headscarf', though an early title was 'The Procurer', hinting at Litvinoff's practice of picking up and supplying young men to his gay friends, among them Ronnie Kray. Litvinoff was furious; Freud claimed he was simply nodding to David's skills as 'a fixer', though he would certainly have been aware of the likely inference.

And Litvinoff, throughout his short and chaotic life, proved a fixer supreme. In 1950s and 60s London he seemed to know everyone: pals with Eric Clapton, Mick Jagger and Keith Richards; with Germaine Greer and the founders of Oz magazine; with film makers such as Donald Cammell and artists such as Freud and Bacon. And, of course, with the London underworld and demi-monde.

Theatrical agent Mim Scala, in those days a young student, recalled Litvinoff in Chelsea in 1960 as the Faginesque head of a coterie of runaway borstal boys. Scale described him as "physically quite ugly: thin lips, a huge nose and a prematurely bald head" but with the ability to "talk the birds out of the trees, money out of pockets, boys into bed, and gangsters out of killing him".

It was a gift of the gab of which older brother Emanuel would despair, remembering later that "you never knew quite what David was up to". And his runaway mouth would get him into trouble as he mocked Ronnie Kray to his face, refusing to use his preferred moniker of 'the Colonel' and instead dubbing him 'Hook nose'.

By the 60s, Esmeralda's Barn had changed hands, the Kray twins 'merging' it into their criminal empire, to the impotent dismay of its previous owner.

And in the mid-60s, Litvinoff would be stopped on a street in Earl's Court by a man who simply said: "This is from Ronnie", and slashed his mouth from cheek to cheek with a sword (an incident that would appear fictionalised in the Kemp brothers' Krays film, years later).

Litvinoff would bear the scars to his dying day but in late-60s London he was attempting to move from the underworld into the creative arts. Google 'David Litvinoff' and you'll see him listed as a 'film consultant', though in truth that description rests on just one (though seminal) movie.

Performance, starring Mick Jagger and James Fox, is arguably more talked about than watched, but as a document of the decline of Swinging London and rock 'n' roll idealism into drugs and violence, it documented a meeting between the worlds of music and London's underworld.

Litvinoff could have been born to write it (and he claimed he did, though he was eventually only credited as a consultant). Whatever, a grateful James Fox is fulsome in his praise for Litvinoff, who coached him in his cockney dialogue and brought a superb attention to detail when it came to wardrobe, locations and styling.

Eric Clapton, too, lauds his friend. It was Litvinoff playing the guitarist on an acetate of Bob Dylan's Basement Tapes (which he had mysteriously 'acquired' pre release) that prompted 'God' to quit supergroup Cream and go for more rootsy music.

But by the 1970s, Litvinoff's friends had moved onwards and upwards. His struggling painter pals were now millionaires, the Stones were megastars and rarely in London, and most had reined in the drugs and booze, settled down and had children.

Litvinoff, not one for settling, drifted with increasing desperation in Wales (hiding from vengeful gangsters looking to call in debts, he was visited by Marc Bolan, Jimi Hendrix, John and Yoko) and Australia.

Returning to England he crashed at the Faversham home of his friend Christopher Gibbs (it's now owned by Bob Geldof). There, in April 1975, running out of options if not friends, he killed himself with an overdose of sleeping pills.

Jumpin' Jack Flash: David Litvinoff and the Rock n Roll Underworld by Keiron Pim, published by Jonathan Cape, £16.99

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179

মাইল এন্ড এলাকায় চালু হলো সিএপি স্কীম

অপ্রাপ্ত বয়স্কদের মদপানের প্রবণতা রোধ করা এবং এই মদ পানের ফলে তাদের দ্বারা যে সমাজ বিরোধী আচরণজনিত কার্যকলাপ হয়ে থাকে, তা দমনে একটি প্রকল্প মাইল এন্ডে চালু করেছে কাউন্সিল। গত বছর এই প্রজেক্ট বেথনাল গ্রীণ এন্ড সেন্ট পিটার্স ওয়ার্ডে চালু করা হয়েছিলো। বিস্তারিত পড়ুন নিচে –

COMMUNITY ALCOHOL PARTNERSHIP LAUNCHED IN MILE END

Ganaax la saaray shirkad socdaalka xajka ka shaqaysa

SHIRKAD ka shaqaysa socdaalka ayaa la ganaaxay lacag ka badan £12,000, ka dib markii ay ku fashilantay inay ilaaliso ballanqaadkii ay la gashay dadkii ay ka iibisey qorshe dhamaystiran oo ahaa inay dhamaan halwaha xajka oo dhamaystiran fulinayso.

Shirakada Al Kabir Travels & Tours Ltd ayaa 7dii Janaayo 2016ka maxkamada lagu ganaaxay lacag dhan £12,644,00 ku salaysnaa laba dembi oo ilaalinta macaamiisha ah.

Shirkadan ayaa hore loo ganaaxay £9,606, bishii oogosto ee sanadkii lasoo dhaafay iyadoo lagu soo oogay dembiyo kuwan la mid ah oo ay baadhitaankooda bilaabeen Birmingham City Council.

Shirkada Al Kabir Travels & Tours Ltd, waxay ku guuldaraysatay inay fuliso adeega, 120 xujaash ah oo u socdlaalay Saudi Arabia sanadkii la soo dhaafay si ay usoo gutaan waajibaadka xajka.

Shirkadu may samaynin dhamaan adeegyadii looga baahnaa ee suurta gelinayey in dadka xujaashta ahi socdaalaan, sidoo kalena may diyaarin adeegyadii ay dadka macaamiisha ah lacagtoodii ugu celin lahayd.

Dembiyadu waxay ahaayeen qaar ku lid ah sharciyada qorshaha socdaalka iyo dalxiisyada ee soo soo baxay 1992kii, iyo qayb ka mid ah ilaalinta macaamiisha oo laga soo saaray sharciyada cadaalad darada ganacsiga 2008dii.

Councilku wuxu bishii Oogosto 2014kii uga digay dadka Tower Hamlets degan, inay ka feejig-naadaan shrikadahan khatarta ah ee dalxiiska qorsheeya. Waxaa la qiyaasay in 40 shirkadood oo iibiya hawlaha qorshaha xujaashta, ay suurtagal tahay inay ka gaabiyaan waxyaabaha asaasiga ah ee macaamiishu u baahan tahay.

Dadka waxa lagula talinayaa inay hubiyaan in shirkadu diinwaan gashan tahay, inay haysato liisanka maamulka socdaalada, iyo inay tahay shirkad ganacsi sida; Shirkada Socdaalka Ingiriiska, ama Shirkada Gaadiidka Hawada Caalamiga ah.

Xildhibaan Shiria Khatun, xubina ka ah nabadgelyada bulshada, ayaa waxay tidhi: "25,000 ayaa ka taga boqortooyada ingiriiska sanad kasta si ay usoo gutaan xajka, in badan oo dadkaas ka mid ahina waxay ka tagaan Tower Hamlets. Waxaanu rajaynanaa in talaabadan laga qaaday shirkadadan falka tuugada ah ku kacday ay digniin u noqon doonto shirkadaha kale."

Hadaad ogaato shirkad tuugo ku kacaysa wac 7364 5008 ama email **trading.standards@towerhamlets.gov.uk**

Hajj travel firm fined £12,000 – p7

Deeqda dhibanayaasha dhibta qoyska

Extra funds to help domestic violence victims

KOOXDA nabadgelyada bulshada ee councilka ayaa waxa la gudoonsiiyey £65,000 deeq dheeraad ah, oo loogu talogalay in lagu taageero dhibanayaasha ay soo gaadhay dhibta iyo aflagaadada qoysku.

Tower Hamlets waxay ka mid tahay 46ka degmo ee la gudoonsiiyey lacag dhan £3.5milyan deeq ah, oo ay bixisay Qaybta Bulshooyinka iyo Degmooyinku.

Miisaaniyad dhan £64,378 ayaa waxaa loo qorsheeyey in lagu isticmaalo mashruuc tijaabo ah, oo lagu caawinayo dhibanayaasha dayacan, iyadoo loogu deeqayo meel ay ku noolaadaan, isla markaa la siiyo talo bixin xaga sharciga ah.

Councilku wuxu la shaqeynayaa laba urur oo mashruuca fulinaya takhasusna ku ah, Xuquuqda Haweenka iyo Ladagaalanka Dhibaatada iyo Aflaagada. Mashruuca waxa qayb ka geysanaya shaqaalaha degmada ee bulshada caawiya, iyo wakaalado kale oo kala duwan oo ka shaqeeya qaybaha guryaha.

Dhacdada ugu daran ee dhibanayaasha aan deeqda loo qoondayn ay la kulmi karaan waxa weeye, in degdeg loo geeyo meel leh, inta baahidooda uu waxkaqbanayo shaqaale gaar ahi. Councilku wuxu sidoo kale taageero dheeraad ah u fidinayaa dadka ku nool xarumaha hudheelada ah ee loo geystey dhibaato aflagaado ah.

Mudnaanta koowaad waxa la siinayaa haweenka ay haystaan dhibaatooyin kala duwani, sida; daroogo qaadasho, sarkhad, guri la,aan, xanuunka maskaxda, ama ay haysato dhaqaalo xumo.

Cllr Xildhibaan Shiria Khatun, qaybna ka ah nabadgelyada bulshada ayaa waxay tidhi: "Dhaqaalahan dheeraadka ee dawlada dhexe ku deeqday wuxu noo suurta-gelinayaa inaanu awood u helno inaanu dadka xaalada degdega u baahan geyno meelaha loogu talo galay, isla markaa aanu shaqaale gaar ah u diyaarino dadka dhibaataysan."

Macluumaad dheeraad ah booqo: **rightsofwomen.org.uk**

The launch in Mile End last week

মাইল এন্ড এলাকায় চালু হলো কমিউনিটি এ্যালকোহল পার্টনারশীপ স্কীম

Community Alcohol Partnership launched in Mile End – p13

অপ্রাপ্ত বয়স্কদের মদ পানের প্রবণতা রোধ করা এবং এই মদ পানের ফলে তাদের দ্বারা যে সমাজ বিরোধী আচরণজনিত কার্যকলাপ হয়ে থাকে, তা দমনে নতুন একটি প্রকল্প মাইল এন্ডে চালু করেছে কাউন্সিল।

গত বছর বেথনাল গ্রীণ এবং সেন্ট পিটার্স ওয়ার্ডে চালুর পর এই প্রকল্পটি ব্যাপকভাবে সফল হওয়ার প্রেক্ষিতে কাউন্সিলের কমিউনিটি এ্যালকোহল পার্টনারশীপ (সিএপি) প্রকল্পটি মাইল এন্ডে চালু করলো।

বছর ব্যাপি পরিচালিত এই প্রকল্পের ফলাফল হিসেবে সংশ্লিষ্ট এলাকায় এএসবি বা অসামাজিক কার্যকলাপের হার ৪৬ পার সেন্ট যেমন হ্রাস পেয়েছে, তেমনি মদ জাতীয় পানীয় জব্দ করার হারও কমেছে প্রায় ৮৭ শতাংশ। এই একই সময় কালের মধ্যে বেথনাল গ্রীণ এন্ড সেন্ট পিটার্স ওয়ার্ডে কিশোর তরুণ বয়সীদের দ্বারা সংঘটিত আইন শৃঙ্খলা পরিপন্থী ঘটনাও ৮০ ভাগ হ্রাস পেয়েছে।

বেথনাল গ্রীণ ও সেন্ট পিটার্স এলাকায় এই প্রকল্পের ব্যাপক সাফল্যের কারণে কাউন্সিল বারার অন্যান্য এলাকায়ও এই প্রকল্পটি চালু করার বিষয়টি সক্রিয়ভাবে বিবেচনা করছে।

গত ১১ জানুয়ারী সোমবার সেন্ট পলস্ ওয়ে কমিউনিটি সেন্টারে আয়োজিত বিশেষ এক অনুষ্ঠানে কমিউনিটি এ্যালকোহল পার্টনারশীপ, সংক্ষেপে সিএপি চালু করা হয়।

উল্লেখ্য, সারা দেশের বিভিন্ন এলাকায় পরিচালিত এই একই ধরনের প্রজেক্ট নিয়ে পোর্টকুলিস হাউজে অনুষ্ঠিত জাতীয় পর্যালোচনামূলক অনুষ্ঠানে টাওয়ার হ্যামলেটসের প্রজেক্টটি ভূয়সি প্রশংসা অর্জন করে।

অপ্রাপ্ত বয়স্ক ছেলেমেয়েদের মধ্যে মদ পানের প্রবণতা রোধ করা এবং মদ পানের ফলে তাদের দ্বারা সংঘটিত সমাজ বিরোধী কার্যকলাপ দমনের লক্ষ্যে সিএপি প্রজেক্ট পরিচালনাকারী লকাল অথরিটি অর্থাৎ কাউন্সিলগুলো স্থানীয় খুচরা বিক্রেতাদের সাথে ঘনিষ্টভাবে কাজ করছে।

এই প্রজেক্টের মাধ্যমে মদ জাতীয় পানীয় বিক্রিকারী দোকানগুলোর মালিক ও স্টাফদেরকে তাদের দায় দায়িত্ব সম্পর্কে শিক্ষিত ও সচেতন করা হয়। ট্রেডিং স্ট্যান্ডার্ডস্ সার্ভিস কর্তৃক পরিচালিত সিএপি'র আওতায় মেট্রোপলিটান পুলিশ, এনফোর্সমেন্ট অফিসার্স (থিও), স্কুলগুলো, হাউজিং এসোসিয়েশন এবং খুচরা বিক্রেতাদের একত্রিত করা হয়েছে।

কমিউনিটি সেফটি এওয়ার্ডের জন্য নমিনেশন পাঠান

Nominate your Community Safety heroes – see page 6

বারাকে নিরাপদ জনপদ হিসেবে গড়ে তুলতে ২০১৫ সালে যারা সহযোগিতা করেছেন, কমিউনিটি সেফটি এওয়ার্ডের জন্য তাদের নাম নমিনেট বা প্রস্তাব করার জন্য বাসিন্দাদের প্রতি আহ্বান জানানো হয়েছে। কমিউনিটি সেফটি এওয়ার্ডস্ ২০১৫ এর জন্য নমিনেশন বা মনোনীত নাম পাঠানোর শেষ তারিখ হচ্ছে ৭ ফেব্রুয়ারী রবিবার। বিজয়ীদের নাম মার্চ ২০১৬ তারিখে ঘোষনা করা হবে।

অপরাধ ও সমাজ বিরোধী কার্যকলাপ প্রতিরোধে সাধারণ জনগণ যে অসামান্য অবদান রেখে চলেছেন, তার স্বীকৃতি দিতে টাওয়ার হ্যামলেটস্ নেইবারহুড বোর্ড এবং কমিউনিটি সেফটি পার্টনারশীপ এই এওয়ার্ড কার্যক্রম গ্রহণ করেছে।

যারা স্বেচ্ছাসেবী হিসেবে নিজে নিজে কিংবা রেসিডেন্টস/কমিউনিটি গ্রুপের সাথে, অথবা কোন চ্যারিটি সংগঠন/সংস্থার সাথে জড়িত থেকে কাজ করছেন, তাদের নাম প্রস্তাব করা যাবে।

বারাকে নিরাপদ জনপদ হিসেবে গড়ে তুলতে বাসিন্দাদের গুরুত্বপূর্ণ অবদানের স্বীকৃতি দেয়ার পাশাপাশি অর্জিত সাফল্য, উদ্ভাবন ও সেরা মানের কর্মপদ্ধতি তুলে ধরাই এই কমিউনিটি সেফটি এওয়ার্ডের মূল লক্ষ্য। এওয়ার্ড বিজয়ীদের দেখে অন্যরাও তাদের কমিউনিটির সার্বিক নিরাপত্তা নিশ্চিত করতে ভূমিকা রাখতে অনুপ্রাণিত হবেন বলে আশা করা হয়।

যদি আপনি এমন কাউকে চিনে থাকেন, কিংবা এমন কোন গ্রুপ, সংগঠন কিংবা সংস্থা, যারা এ ধরনের স্বীকৃতি পাওয়ার সত্যিকারের দাবিদার বলে আপনার মনে হয়, তাহলে কাউন্সিলের ওয়েবসাইটে গিয়ে অনলাইনে ফরম পূরণ করে অথবা আপনার নিকটস্থ কোন কমিউনিটি বিল্ডিং, যেমন জিপি সার্জারী, টাউন হল, আইডিয়া স্টোরসমূহ ইত্যাদি লকেশনে গিয়ে নমিনেশন ফরম সংগ্রহ করে তার পূরণ করে পাঠাতে পারেন।

৫টি ক্যাটাগরিতে এই এওয়ার্ড দেয়া হবে। এগুলো হচ্ছেঃ অনুর্ধ ১৮ বছর বয়সীদের মধ্যে যারা তাদের নিজেদের ক্ষেত্রে নিরাপদ স্থান গড়ে তুলতে অবদান রেখেছে, তাদের জন্য বেস্ট ইনডিভিজ্যুয়াল এচিভমেন্ট বাই এ ইয়াং পারসন, বেস্ট কমিউনিটি প্রজেক্ট, বেস্ট কমিউনিটি ভলান্টারিগ্রুপ, বেস্ট কমিউনিটি ভলান্টিয়ার এবং বেস্ট পার্টনারশীপ অফিসার/টীম/প্রজেক্ট।

টাওয়ার হ্যামলেটসের মেয়র জন বিগস বলেন, বারায় অপরাধ ও সমাজ বিরোধী আচরণজনিত কার্যকলাপ মোকাবেলায় কাউন্সিল হিসেবে আমরা পুলিশের পাশাপাশি কঠোর পরিশ্রম করে যাচ্ছি। টাওয়ার হ্যামলেটস্কে অধিকতর নিরাপদ জনপদ হিসেবে গতে তুলতে যে সকল ব্যক্তি সাধারণ আমাদেরকে নানাভাবে সহযোগিতা করে যাচ্ছেন, তাদের অসামান্য কাজের স্বীকৃতি দিতেই এই এওয়ার্ড চালু করা হয়েছে।

কেবিনেট মেম্বার ফর কমিউনিটি সেফটি, কাউন্সিলর শিরিয়া খাতুন বলেন, নতুন এই কমিউনিটি সেফটি এওয়ার্ড এর মাধ্যমে কমিউনিটিতে অবদান রাখা বাসিন্দাদের কাজের স্বীকৃতি প্রদান খুবই গুরুত্বপূর্ণ। বারায় অপরাধ দমন এবং অপরাধের শিকারদের যথাযথ সহযোগিতা দিতে আমরা পুলিশ ও স্থানীয় কমিউনিটির সাথে অত্যন্ত ঘনিষ্টভাবে কাজ করে যাচ্ছি। যে সকল ভলান্টিয়ার বা স্বেচ্ছাসেবী অপরাধ দমনে কিংবা ভিক্টিমকে সহায়তা দিচ্ছেন, তারা তাদের কাজের যথাযথ স্বীকৃতি সাধারণত পান না। তাই অসামাণ্য অবদান রেখে চলা ব্যক্তিদের নাম প্রস্তাব করার জন্য আমরা বারার সকল বাসিন্দা ও ভিজিটরদের প্রতি আহ্বান জানাচ্ছি।

সেফার নেইবারহুড বোর্ড (এসএনবি) এর চেয়ার ফকরুল হক বলেন, কাউন্সিলের সাথে মিলে এই এওয়ার্ড আয়োজনের সহ সংগঠক হতে পেরে আমরা আনন্দিত। কমিউনিটি সেফটির ক্ষেত্রে পুলিশ ও কাউন্সিলকে তাদের পারফর্মেন্সের জন্য জবাবদিহির আওতায় আনাটা খুবই গুরুত্বপূর্ণ, যা এসএনবি এর একটি অন্যতম কাজ। একই সাথে এটাও সমান–ভাবে গুরুত্বপূর্ণ হলো, বারাকে নিরাপদ জনপদে পরিণত করতে যার নিজ নিজ অবস্থান থেকে ভূমিকা রাখছেন, তাদেরকে স্বীকৃতি দেয়া।

হজ্ব প্রতারণাঃ ট্রেভেল এজেন্সির ১২ হাজার পাউন্ড অর্থ দন্ড

হজ্ব প্যাকেজ বিক্রির সময় করা অঙ্গিকার অনুযায়ি সার্ভিস না দেয়ায় এবং ক্রেতাদের যথাযথ সুরক্ষা দিতে ব্যর্থ হওয়ায় টাওয়ার হ্যামলেটস্ এ অবস্থিত একটি ট্রেভেল এজেন্সিকে টেমস ম্যাজিষ্ট্রেট আদালতের বিচারক ১২ হাজার পাউন্ডেরও বেশি জরিমানা করেন। বিস্তারিত পড়ুন নিচে –

TRAVEL OPERATOR FINED MORE THAN £12,000

ঐকতান

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হজ্ব প্রতারণাঃ ট্রেভেল এজেন্সির ১২ হাজার পাউন্ড অর্থ দন্ড

Travel operator fined more than £12,000 – see page 7

হজ্ব প্যাকেজ বিক্রির সময় করা অঙ্গিকার অনু–যায়ি সার্ভিস না দেয়ায় এবং ক্রেতাদের যথাযথ সুরক্ষা দিতে ব্যর্থ হওয়ায় বারার নিউ রোড এ অবস্থিত আল কবির ট্রেভেল এজেন্সিকে ১২ হাজার পাউন্ডেরও বেশি জরিমানা করা হয়েছে।

গত ৭ জানুয়ারী টেমস ম্যাজিষ্ট্রেট কোর্টে ভোক্তার স্বার্থ সংক্রান্ত দু'টি অপরাধের দায়ে আল কবির ট্রেভেলস্ এন্ড ট্যুরস লিমিটেডকে মোট ১২,৬৪৪ পাউন্ড জরিমানা করা হয়।

উল্লেখ্য, এই একটি ট্রেভেল অপারেটর গত বছরের আগস্ট মাসে এই একই ধরনের অপরাধে বার্মিংহাম সিটি কাউন্সিল কর্তৃক আনীত আইনী পদক্ষেপের ফলে ৯,৬০৬ পাউন্ড অর্থ দন্ডে দন্ডিত হয়েছিলো।

আল কবির ট্রেভেলস্ এন্ড ট্যুরস্ লিঃ গত বছর পবিত্র হজ্জব্রত পালনের জন্য তাদের মাধ্যমে সৌদি আরব গমনকারী ১২০ জন হজ্জ যাত্রীর ভোক্তা স্বার্থ সংরক্ষণে ব্যর্থ হয়।

বিদেশ প্রেরণকারীদের নিরাপদ প্রত্যাবাস–নের লক্ষ্যে তাদের যেমন ছিলো না প্রয়োজনীয় কোন পরিকল্পনা, তেমনি ভোক্তার অর্থ ফেরত দেয়ারও কোন সুযোগ তারা রাখেনি।

এই অপরাধগুলো প্যাকেজ ট্রেবেল, প্যাকেজ হলিডেজ এন্ড প্যাকেজ ট্যুরস্ রেগুলেশনস্ ১৯৯২ এবং আনফেয়ার ট্রেডিং রেগুলেশনস ২০০৮ এর কনজিউমার প্রোটেকশনের সুস্পষ্ট লঙ্ঘন।

হজ্জ ট্রেভেল ব্যবসায় আইনের যথাযথ প্রয়োগ নিশ্চিত করতে ন্যাশনাল ট্রেডিং স্ট্যান্ডার্ডস্ বার্মিংহামে তহবিল প্রদান করে।

টাওয়ার হ্যামলেটস্ কাউন্সিল ২০১৪ সালে বারার বাসিন্দাদের জালিয়াতমূলক কাজের সাথে জড়িত থাকতে পারে এমন ট্রেভেল এজেন্ট সম্পর্কে সচেতন থাকার জন্য সতর্ক করে দেয়।

কাউন্সিলের ধারনা, টাওয়ার হ্যামলেটস বারায় হজ্জ প্যাকেজ বিক্রিকারী প্রায় ৪০টি কোম্পানীর প্রদেয় সার্ভিস প্রত্যাশা অনুযায়ী না হওয়ার আশংকা রয়েছে। এজন্য বারার বাসিন্দাদেরকে হজ্জ প্যাকেজ বিক্রিকারী ট্রেভেল এজেন্সিগুলো যথাযথভাবে রেজিস্টার্ড কি না এবং এসব ট্যুর অপরাটেরগুলোর এয়ার ট্রেভেল অর্গেনাইজারস্ লাইসেন্স (এটল) রয়েছে কি না এবং এসোসিয়েশন অব ব্রিটিশ ট্রেভেল এজেন্ট (এবিটিএ) অথবা ইন্টারন্যাশনাল এয়ার ট্রান্স–পোর্ট এসোসিয়েশন (আইএটিএ) এর মতো ট্রেড অর্গেনাইজেশনের সদস্য কি না তা যাচাই করতে অনুরোধ করা হয়েছে।

টাওয়ার হ্যামলেটসের মেয়র, জন বিগস বলেন, বারায় পরিচালিত অধিকাংশ হজ্জ প্যাকেজ বিক্রিকারী ট্রেভেল এজেন্ট সেরা মানের সার্ভিস দিচ্ছে। মাত্র হতে গোনা কয়েকটি এজেন্ট মানুষের ধর্মীয় বিশ্বাসকে পুঁজি করে অর্থ কামানোর মতো ঘৃণ্য কাজে নিয়োজিত থাকতে পারে। আদালতের মাধ্যমে একটি ট্রেভেল এজেন্টের এই দন্ডের ফলে বারার বাসিন্দাদের প্রতারিত হওয়ার ভয় অনেকাংশে প্রশমিত হবে বলে আমি আশাবাদি এবং একই সাথে হজ্জ প্যাকেজ বিক্রির নামে অসুদপায়ে অর্থ কামানোর ধান্ধায় যারা আছে, তারাও সতর্ক হবে।

কেবিনেট মেম্বার ফর কমিউনিটি সেফটি এবং ডেপুটি মেয়র, কাউন্সিল শিরিয়া খাতুন বলেন, প্রতি বছর যুক্তরাজ্য থেকে ২৫ হাজার লোক হজ্জ পালন করতে যান, যাদের মধ্যে উল্লেখ–যোগ্য সংখ্যক রয়েছেন এই টাওয়ার হ্যামলেটসের বাসিন্দা। একটি প্রতারক ট্যুর অপারেটরের বিরুদ্ধে নেয়া এই শাস্তিমূলক পদক্ষেপ অন্যদের জন্য সতর্কতামূলক বার্তা হবে বলে আমরা আশা করছি।

টাওয়ার হ্যামলেটস্ বারায় অবস্থিত কোন ট্যুর অপারেটর বা ট্রেভেল এজেন্সি সম্পর্কে কারো কোন অভিযোগ কিংবা কনসার্ন থাকলে ০২০ ৭৩৬৪ ৫০০৮ নাম্বারে ফোন করে অথবা trading.standards@towerhamlets.gov.uk এই ইমেইলে কাউন্সিলের এনভায়রমেন্টাল হেলথ এন্ড ট্রেডিং স্ট্যান্ডার্ডস্ সার্ভিসের সাথে যোগাযোগ করতে অনুরোধ করা হয়েছে।

ইভেন্ট আয়োজনের জন্য অনুদান দিচ্ছে টাওয়ার হ্যামলেটস্ কাউন্সিল

Funding available for arts events

বারায় উচ্চ মানসম্মত নানা ধরনের অনুষ্ঠান ও উৎসবাদি আয়োজনে আগ্রহী আর্টস্ এবং কমিউনিটি সংগঠনগুলোকে অনুদান চেয়ে আবেদন করার জন্য কাউন্সিলের পক্ষ থেকে আহ্বান জানানো হয়েছে।

কাউন্সিলের ইভেন্টস্ ফান্ড এর জন্য অন–লাইনে আবেদন করার কার্যক্রম শুরু হবে আগামী ২৯ জানুয়ারী শুক্রবার থেকে।

এই অনুদানের অর্থ ফিল্ম ফেস্টিভ্যাল থেকে শুরু করে নানান ধরনের কমিউনিটি ফেস্টিভ্যাল, যেমন নাচ, গান, নাটক মঞ্চায়ন ইত্যাদি আয়োজন করা যাবে। সব অনুষ্ঠান ও উৎসব হতে হবে শিল্প সংস্কৃতি বিষয়ক এবং সর্বস্তরের কমিউনি–টির জন্য তা হতে হবে উন্মুক্ত। আয়োজন–গুলোর মাধ্যমে কমিউনিটির সত্যিকারের অর্থেই লাভবান হচ্ছে, তা নিশ্চিত করতে হবে।

সংগঠনগুলোকে অবশ্যই পূর্ণাঙ্গভাবে গঠিত হতে হবে। তবে যদি কোন সংগঠনের অনুষ্ঠানের প্রস্তাবণা উদ্ভাবনী হয় এবং তারা অন্য কোন উৎস থেকে সমপরিমান অনুদান নিশ্চিত করতে পারে, তাহলে কাউন্সিলের ফান্ডের জন্য তাদের আবেদনকে স্বাগত জানানো হবে। কাউন্সিল নতুন ও আকর্ষনীয় ও ভিন্নধর্মী অনুষ্ঠানাদি এবং নতুন সংগঠনগুলোকে উৎসাহিত করতে বিশেষভাবে আগ্রহী।

সংস্কৃতি বিষয়ক কেবিনেট মেম্বার, কাউন্সিলর আসমা বেগম বলেন, এই বারায় বসবাসকারী জনসাধারণের জীবন মান উন্নয়নের লক্ষ্যে কাউন্সিলের কমিউনিটি প্ল্যানে উল্লেখিত অগ্রাধিকারগুলো বাস্তবায়নে এই ইভেন্ট ফান্ড সাহায্য করবে। এই অনুদানের অর্থ নানা ধরনের অনুষ্ঠান আয়োজনের মাধ্যমে বারার সাংস্কৃতিক বৈচিত্রতাকে তুলে ধরা হবে।

ইভেন্ট গ্র্যান্ট বা অনুদানের জন্য www.towerhamlets.gov.uk/arts এই ওয়েবসাইটে গিয়ে সার্চ বক্সে ইভেন্ট ফান্ড লিখে অনলাইন আবেদন পেইজে যেতে হবে। এপ্রিল মাসে আয়োজিত কোন অনুষ্ঠানের জন্য অনুদান চেয়ে আবেদন করার শেষ সময় ১১ ফেব্রুয়ারী। নির্ধারিত সময়ের পর করা আবেদন বিবেচনায় নেয়া হবে না। আরো তথ্য জানতে হলে festivalsandevents@towerhamlets.gov.uk এই ওয়েবসাইট ভিজিট করুন।

ফর্সাকরণ ক্রিমে ক্ষতিকর উপাদানঃ ব্যবহার না করতে বাসিন্দাদের প্রতি কাউন্সিলের আহ্বান

Skin lightening products seized – see page 13

RDL Hydroquinone Tretinion Babyface Solution No. 2 and No. 3 and the front of the seized Fazia beauty cream

চামড়া ফর্সা করার ক্রিমে ক্ষতিকার উপাদান থাকায় এবং এর ফলে স্থায়ি ক্ষতি হওয়ার আশংকা রয়েছে এমন কিছু ক্রিম জব্দ করেছে টাওয়ার হ্যামলেটস্ কাউন্সিল।

কাউন্সিলের ট্রেডিং স্ট্যান্ডার্ডস্ টিম তিনটি চামড়া ফর্সাকরণ প্রোডাক্ট পরীক্ষা করে তাতে উচ্চ মাত্রার হাড্রোকুইনন ও মারকারি পেয়েছে। এই রাসায়নিক উপাদান দু'টি স্বাস্থ্যের জন্য মারাত্মাক ক্ষতিকর ও চামড়ার স্থায়ী ক্ষতির কারণ হয়ে থাকে বলে প্রমাণিত হওয়ার পর এগুলোর ব্যবহার নিষিদ্ধ করা হয়।

হাড্রোকুইনন এবং মারকারি মিশ্রিত স্কিন ক্রিম ইউরোপীয়ান ইউনিয়নভুক্ত দেশগুলোতে নিষিদ্ধ হলেও তা ইইউ'র বাইরের কিছু দেশে বৈধ ভাবেই বিক্রি হয়ে থাকে।

পরীক্ষায় যে প্রোডাক্টগুলোতে ক্ষতিকর রাসায়নিক উপাদান পাওয়া গেছে, সেগুলো হলো আরডিএল হাইড্রোকুইনন ট্রিটিনিওন বেবিফেস সল্যূশন নং ২ ও ৩ এবং ফাজিয়া বিউটি ক্রিম (ব্লিচ এবং ফ্রিকল)।

হাইড্রোকুইনন লিবার ও চামড়ার জন্য খুবই ক্ষতিকর। এটি চামড়ার রং নির্ধারণে যে মেলানিন ভূমিকা রাখে, তার মারাত্মক ক্ষতি করে থাকে, অথচ চামড়ার এই মেলানিন ক্ষতিকারক ইউভি বা আল্ট্রাভায়োলেট রেডিয়েশন বা বিকিরণ থেকে মানব দেহকে রক্ষা করে থাকে। মেলানিন এর পরিমাণ অধিক হলে ক্যান্সারের ঝুঁকি বেড়ে যায়।

মারকারি হলো খুবই বিষাক্ত একটি উপাদান, যা কিডনি, লিভার ও ব্রেনেরও ক্ষতির কারণ হতে পারে।

এই কারণেই কসমেটিক্স প্রোডাক্টস্ এনফোর্সমেন্ট রেগুলেশনস ২০১৩ এর শর্ত অনুযায়ি এই প্রোডাক্টগুলো ব্যবহার উপযোগী নয়।

কাউন্সিল বিক্রেতাদের প্রয়োজনীয় উপদেশ প্রদান করেছে এবং বারার বাসিন্দাদের নিরাপত্তা বিধানে এ ব্যাপারে আরো অনুসন্ধান চালাচ্ছে।

যদি কোন ব্যবসা প্রতিষ্ঠান আইনী বিধি বিধান অনুযায়ি ব্যবসা পরিচালনা না করে, তাহলে ট্রেডিং স্ট্যান্ডার্ডস্ প্রয়োজনীয় পদক্ষেপ নিতে পিছ পা হবে না।

কেবিনেট মেম্বার ফর কমিউনিটি সেফটি, কাউন্সিলর শিরিয়া খাতুন বলেন, এ ধরনের পণ্য বিক্রি আইনের মারত্মক লঙ্ঘন এবং একই সাথে এর পরিণতিও ভয়ংকর। কোন বাসিন্দা, ব্যবসায়ী কিংবা বারায় বেড়াতে আসা কেউ তাদের কাছে সন্দেহজনক ঠেকে এমন কোন ইস্যুতে কাউন্সিলের কাছে রিপোর্ট করাটা যে কত গুরুত্বপূর্ণ, তাই এই ঘটনায় আবার প্রমাণিত হলো।

যদি কেউ এই ক্রিম ক্রয় করে থাকেন, তাহলে এখনই এর ব্যবহার বন্ধ করে দিতে এবং নিজেদের চামড়া কিংবা স্বাস্থ্যজনিত কোন সমস্যা নিয়ে যদি তারা উদ্বিগ্ন হন তাহলে ডাক্তারের সাথে দ্রুত যোগাযোগ করতে তাদেরঅনুরোধ করা হয়েছে।

বারায় অবৈধ কিংবা বিপদজনক কোন পণ্য বিক্রি হতে দেখতে ০২০ ৭৩৬৪ ৫০০৮ নাম্বারে ফোন করে কাউন্সিরের এনভায়রনমেন্টাল হেলথ এন্ড ট্রেডিং স্ট্যান্ডার্ডস্ টীমকে অবহিত করতে জনসাধারণের প্রতি অনুরোধ জানানো হয়েছে।

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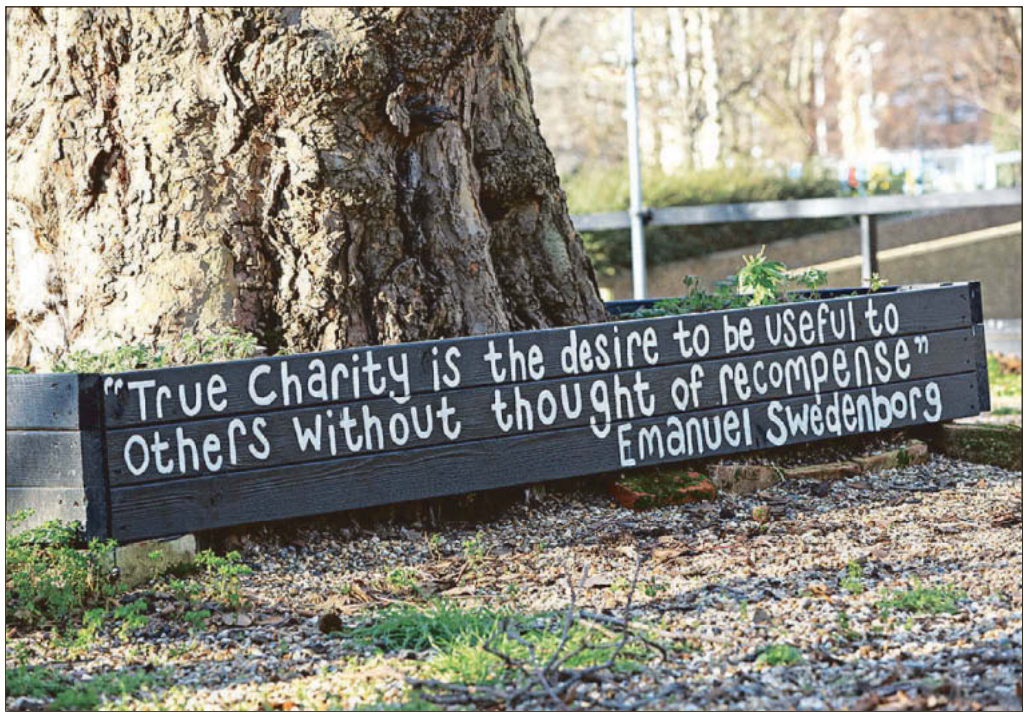
The newly refurbished Wilton's Music Hall is home to a heritage museum



Swedenborg Gardens named after theologian Emanuel Swedenborg

Sights set on Shadwell

Walk of the Month: Aldgate heading East

On this month's, walk **Graham Barker** visits Goodman's Fields, Wilton's Music Hall and St George's in the East. Photos by **Kois Miah**.

YOU'LL encounter six galloping horses and a brown bear as you follow this month's walk. There's also a chance to nip inside Wilton's Music Hall, enjoy the greenery at St George's Gardens, and discover Shadwell's schools past and present.

Leave Aldgate East Tube by Exit 1, signposted to Leman Street. Office and residential blocks are sprouting here, creating canyons of steel and glass. It's an evolving landscape: Aldgate Place and Altitude – currently behind scaffolding – promise luxury high-rise living on the City fringes.

Braham Street Park opens out into angled lawns. Shipping company Maersk occupies offices alongside, designed by Richard Seifert – the architect of Centre Point – and including his trademark mosaic cladding, rippled contours, and props.

In contrast, there's a dash of Victorian heritage on the next corner. The former Eastern Dispensary **(1)** – erected in 1858 and laden with stone garlands – provided free healthcare to poor East Enders. It's now a CAMRA award-winning pub and dining room.

Tucked behind, St George's German Lutheran Church **(2)** was established in 1762 by wealthy sugar bakers. Now home to the Historic Chapels Trust, it hosts talks, organ recitals and choir performances.

Continue down Leman Street. The sales office model provides a bird's-eye view of the 900-flat Goodman's Fields development **(3)**; when completed in 2018, six apartment towers will cluster around courtyard gardens.

In the piazza alongside, a bronze horse rears on his hind legs, followed by five others galloping unbridled through tiered water pools. Sculptor Hamish Mackie has added rhythmic water spurts to increase the dramatic impact.

Skirt around Student Castle and enter the Four Season's Garden through the swirling metallic gates into a world of lily ponds and waterfalls landscaped by Murdoch Wickham.

Now continue to the Hooper Street Pump House. As its name suggests, this once powered hydraulic cranes and hoists in the adjacent London, Tilbury and Southend Railway's goods depot.

Opposite, the former offices and sugar warehouse of the Co-operative Wholesale Society **(4)** were built in 1887, topped by a magnificent clock tower.

Another splendid building stands across the road; One Prescot Street is textured with slender red

Right: sculptor Hamish Mackie's bronze horses gallop unbridled through tiered water pools on the piazza alongside the new Goodman's Fields development

The St George's German Lutheran Church

Nicholas Hawksmoor's St George's in the East houses a 1960s' church within its shell

The Cable Street mural fills the flank wall of the former St George's Vestry Hall

bricks and green pantiles, a notable example of Amsterdam School architecture.

Wander past cafes and estate agents. A bronze bear projects from the Brown Bear pub – in the 1860s this music hall tavern had a reputation for murderous assaults, these days it's rather more sedate.

Mainline and DLR trains run overhead as you emerge onto Cable Street. The street took its name from the manufacture of ships' cables, though sections were known as Knockfergus and Blue Gate Fields until Victorian times.

> "The Cable Street mural depicts when Jews, Irish dockers, communists and labourers joined forces to prevent Oswald Mosley and his fascist 'black shirts' from marching through the East End.

Today it's home to Cycle Super-Highway 3, busy with commuting cyclists. Cross with care. Opposite, the new Jack the Ripper Museum has had a controversial start, having switched from the originally planned women's social history museum.

Fork off Ensign Street into Grace's Alley, where children's playground chatter rises from Shapla Primary School. A huge lantern marks out Wilton's Music Hall **(5)**, the world's oldest of its type. It has a remarkable story – as an alehouse, music hall and Methodist Mission – before being revived as a theatre. Recently spruced, it retains its charm; visit their heritage room, join a Cockney sing-along, or enjoy a Mahogany bar snifter.

A few steps on, St Paul's Whitechapel CofE Primary School flourishes with vegetable growing plots and a cookery pod. And behind, the Ensign Club offers table tennis, pool and ICT for teenagers.

Traffic sprints along the Highway, but it's surprisingly peaceful in Swedenborg Gardens **(6)**. A damaged granite plinth commemorates Ulrika Eleonora – a Swedish merchants' chapel – that stood here from 1728 to 1921. The gardens are named after theologian and polymath Emanuel Swedenborg, who lived in Wellclose Square. Another congregation member was botanist Daniel Solander who sailed on the Endeavour with Captain Cook.

Skirt past mini wheelbarrows, frying pans and other outdoor play kit at Mary Sambrook Day Nursery and continue beside The Strangers' Rest, first established in 1859 as a foreign sailors' refuge.

From the Highway, it's a short stroll to St George's in the East **(7)**. Designed by Nicholas Hawksmoor in the 1720s, the church towers above you; step up and the story unfolds – a Blitz bomb destroyed the interior and a 1960s' church now nestles within the shell. Inside, take a look at the Venetian glass mosaics and Peter Bedford's Blitz painting.

Standing centre stage in the gardens behind, there's the tomb of Henry Raine – owner of the Star Brewhouse in Wapping – who used his fortune to build a charity school for 50 girls and 50 boys.

The derelict Nature Study Museum looks forlorn, but in its heyday it was "a fairy house in an oasis", attracting up to 1,000 visitors a day to see live fish, stuffed mammals and butterfly displays. St George's Leisure Centre stands beyond.

The Cable Street mural **(8)** fills the flank wall of the former St George's Vestry Hall. It's a lively depiction – with furniture barricades and flying chamber pots – of the 1936 Battle of Cable Street, when Jews, Irish dockers, communists and labourers joined forces to prevent Oswald Mosley and his fascist 'black shirts' from marching through the East End.

Opposite, a ghost sign for Meux's Famous Stout and Ales adorns the Cable Street Inn boutique B&B. A parade of trees marches beside Richard Neale and Newton Houses. And a blue plaque commemorates the 'Angel of Cable Street' nurse Hannah Billig.

Fruit and veg on Watney Market

Cross to James' Garden **(9)** – a beautiful memorial garden of star-shaped box hedges, fragrant jasmine and silver birches, with the DLR shuttling on high.

Beyond the railway viaduct, a cash & carry occupies the former Raine's Boys School **(10)**; established in Wapping in 1719, the school was based here from 1883 before moving to Arbour Square in 1913, and finally settling in Approach Road.

Education remains the focus on Bigland Street **(11)** – you'll pass Wapping Children's Centre, family learning at Mulberry and Bigland Green Centre, and Bigland Green Primary School. Mosaics brighten the school wall, inset with leaves, flowers and butterflies.

Further on, Ann Street School – built in 1874 and incorporating a depiction of 'Knowledge Strangling Ignorance' – is now home to Darul Ummah mosque and school.

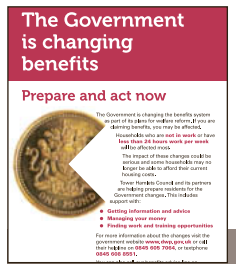
Soon you arrive at Watney Market **(12)**. In Victorian times, it bustled with over 200 shops and stalls, including one of the very first Sainsbury's stores. It's certainly worth a browse amongst the fruit and veg, clothing and homewares – before finishing your walk at Shadwell DLR or overground station.

Nineteenth century music hall tavern the Brown Bear

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK


The Government is changing benefits

Prepare and act now

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.tower hamlets. gov.uk/data/ your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, January 26

6pm: Best value programme review board quarterly meeting
For details call Matthew Mannion on 7364 4651 or email matthew.mannion@ towerhamlets.gov.uk

6.30pm: Licensing sub-committee
Business includes applications for new premises licences for Burger King, 90 Whitechapel High Street, E1 and Papa John's, 6 Cable Street, E1.
For details call Simmi Yesmin on 7364 4120 or email simmi.yesmin@tower hamlets.gov.uk

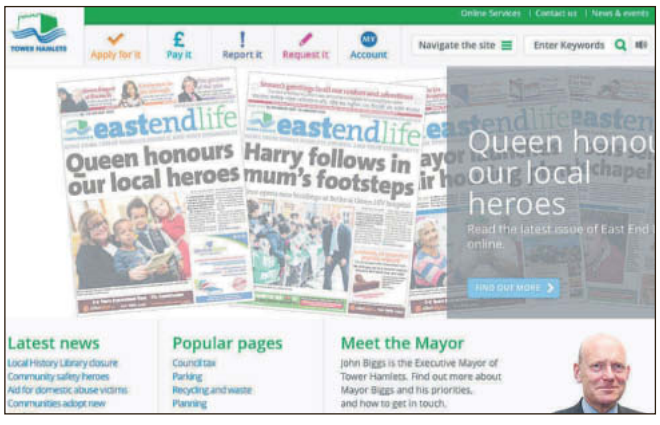
Monday, February 1

7.15pm: Overview & scrutiny committee
For details call David Knight on 7364 4878 or email david. knight@towerhamlets.gov.uk

Tuesday, February 2

5.30pm: Cabinet
For details call Matthew Mannion on 7364 4651 or email matthew.mannion@ towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk
For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Planning

E1W

South east junction of East Smithfield and Vaughan Way – removal and redevelopment of existing 17.5m monopole supporting 3 antenna, and installation of a replacement 17.5m dual stack monopole, supporting 6 antenna.

E1

United Standard House, 6 Middlesex Street – banner advertisements measuring 28m x 18m and 18m x 10m, both externally lit.
Railway Arches, 206 Barnardo Street – change of use from commercial kitchen. Installation of extrator fan.
Aldgate Tower, Whitechapel High Street – change of use of third floor from offices to courtroom, personal to the Unified Patent Court.
113 New Road – change of use of part of building from retail to takeaway restaurant.
2-12 Cambridge Heath Road – change of use from office to residential at mezzanine level to provide 2 flats with internal alterations.
6 Mile End Place – extension to first-floor rear elevation, incorporating new double glazed window and rooflight at rear.
87 Whitechapel High Street – replacement of existing Crittall windows with UPVC.
Flat 24, Sovereign House, Cambridge Heath Road – replacement of front door, side panel and glass above door with a composite door in blue outside and white inside. Finished with stippolyte toughened glass in side panel and glass above door.
138-140 Whitechapel Road – removal of existing advertisement signage and shopfront.
3-4 Vine Court – demolition of existing buildings and construction of 2 x 3-bed and 2 x 1-bed houses.
142 Commercial Road – fourth-floor extension to form one flat.
112-116 Whitechapel Road – change of use from commercial to restaurant/café.

E2

8 Pritchards Road – retrospective change of use from light industrial/offices to wholesale coffee roasting, retaining associated external flue.
170 Roman Road – reinstatement of 2 x 2-bed flats above Angel and Crown public house.
30 Old Ford Road – single-storey mansard roof extension to existing house.
Leyton House, 22 Calvert Avenue – details of external facing materials, ref: PA/13/01866.

E3

The Eric and Treby estates, Treby Street – non-material amendment of materials of planning permission, ref: PA/09/02065.
83 Antill Road – demolition of existing and construction of new rear extension.

E9

95b Cadogan Terrace – fell eucalyptus tree, along with selective thinning of multi-stem sycamores.

E14

1 Capstan Square – three-storey dwelling within garden.
Newcom House, 125 Poplar High Street – roof extension to form 1 x 1-bed and 1 x 2-bed flats with external amenity space, plus associated external alterations for new shopfront, upper floor windows and waste provision.
1 Hickin Street – porch, rear extension and loft conversion (retrospective).
Canary Wharf Crossrail retail mall, Upper Bank Street – canopy over southern entrance. Display of 10 illuminated fascia signs.
Poplar gas holder site, Leven Road – larger vehicle access, ref: PA/15/02562.
Trinity Church, 119 East India Dock Road – details of samples of planning permission, ref: PA/14/02379.
4 Pekin Close – single-storey rear extension and loft conversion incorporating rear dormer and three front roof lights.
Leopold Estate, land bounded by Bow Common Lane, St Pauls Way and Burdett Road – details of lifetime homes and samples of external materials and balconies of planning permission, ref: PA/12/02332.

This is not a definitive list of current planning applications.
For more information go to www.towerhamlets.gov. uk and click on Planning & Building.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre,
179-181 Whitechapel Road, E1
7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor,
20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village,
Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel,
60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village
Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House
13 Whitethorn Street, E3.
7510 1081

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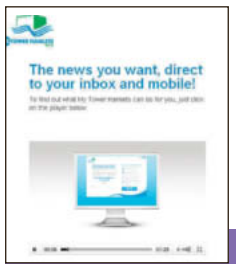


Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Did you get it?

Last edition's picture was of stonework detail at Poplar Town Hall.

Council information

Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. 7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Employment & skills service (Skillsmatch) – 7364 3727
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016
Anti-Fraud – 0800 528 0294

General enquiries

Council enquiries – 7364 5020.

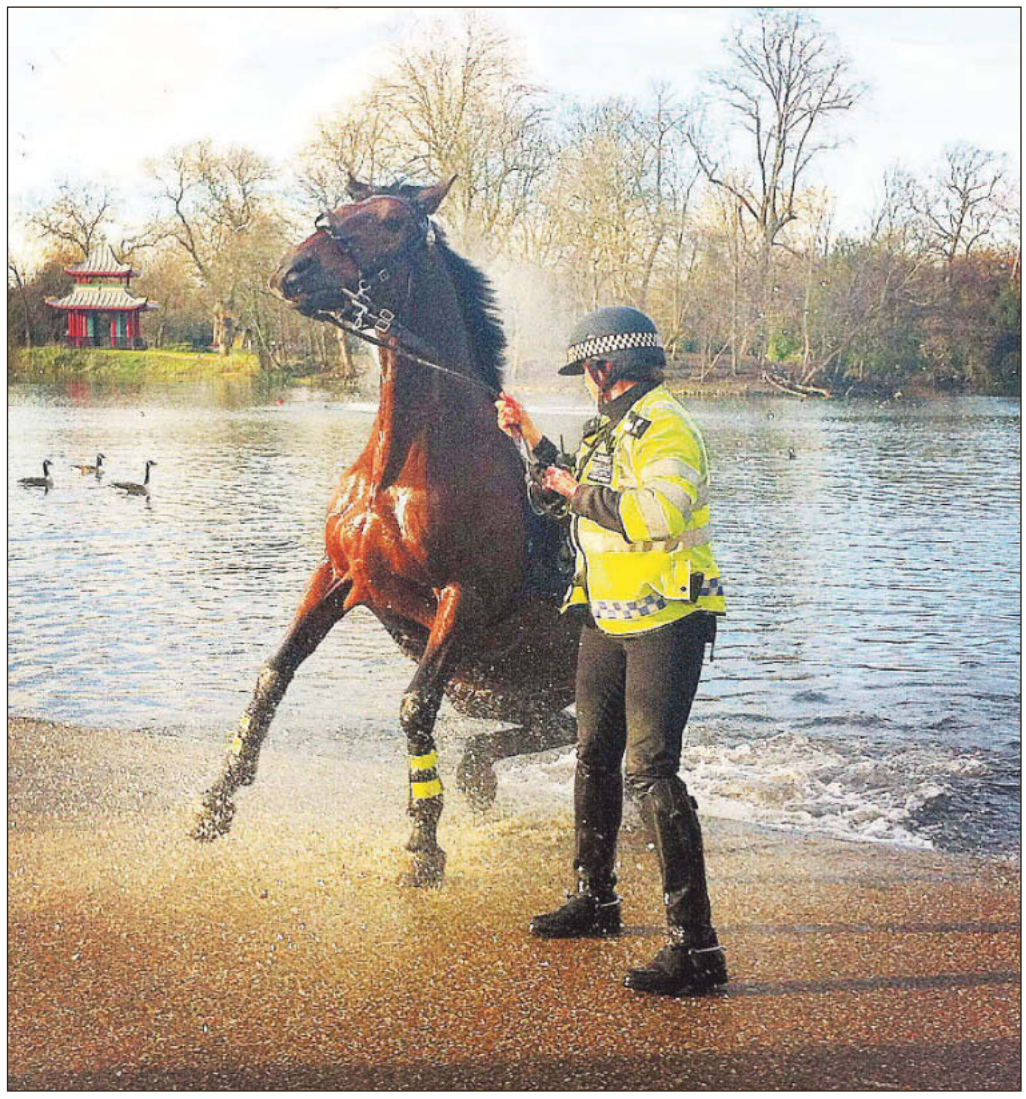
Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.

This picture of a police horse taking a dip in Victoria Park was sent in by reader Christine Murphy.
"I live next to the park and was walking my dog, Ted, on January 5 by the boating lake," she said.
"The policewoman looked to be encouraging her horse to drink from the water, but the horse had other ideas and jumped in!
"The policewoman had no alternative but to jump in after him to get hold of the reins to lead him out.
"Luckily, I had my phone in my hand and snapped the sequence."
If you have photos you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.



Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available 0800 279 5434 (office hours)

24-hour domestic violence national helpline
0808 2000 247

Haven Whitechapel (sexual assault referral centre)
7247 4787

Karma Nirvana (Honour Network Helpline)
0800 5999 247

Broken Rainbow (LGBT domestic violence)
0845 260 4460

Black Women's Health & Family Support
8980 3503

Rights of Women (legal advice)
7251 6577

Victim Support Line
0845 30 30 900

Victim Support Tower Hamlets
8555 8254

NSPCC Child Protection Helpline
0800 800 5000

Childline
0800 1111

Shelterline
0808 800 4444

Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)
0116 2556 234

Men's Advice Helpline
0808 8010 327

Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm. 7364 1290; email localhistory@towerhamlets.gov.uk

St. Barnabas Church
(corner of Grove Road/Roman Road)
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Join the dance with Poets of the City

Watch an inspiring triple bill of Czech dance-theatre, then join in with a weekend of dance, yoga and Pilates workshops at Oxford House in Bethnal Green.

SEE BELOW

Sea this?

Jim Thorell's work reflects different art movements.

SEE BELOW

Out & About

Power ballads from Henry and Barbara

DESCRIBED as a fictitious 'lost' musical, reconstructed in fragments, Springtime for Henry (and Barbara) is centred around the lives of British sculptors Henry Moore and Barbara Hepworth.

Sir Henry was an English sculptor and artist, best known for his semi-abstract monumental bronze sculptures, including the borough's own 'Old Flo' (Draped Reclining Woman 1957-58).

Hepworth, also a renowned sculptress, went to college with him.

Springtime for Henry (and Barbara)

The story sees Sir Henry throw off the shackles of his humble Yorkshire roots to conquer the world, and plucky heroine Barbara carve out a niche of her own to achieve international prominence.

The show is played out through musical theatre storytelling and stars Frances Ruffelle (Les Miserables, Piaf) as Hepworth and Andrew C Wadsworth (Oklahoma, Kiss Me Kate) as Moore.

Springtime for Henry (and Barbara) is at Wilton's Music Hall on Tuesday, January 26 at 7.30pm and Wednesday, January 27 at 7pm and 8.30pm.

Tickets are £10-£20, concessions £8-£15.

Wilton's Music Hall is in Graces Alley, E1.

Call 7702 2789 or visit **wiltons.org.uk**

Watch, then join in with Czech dance weekend

A TRIPLE bill of dance-theatre inspired by extraordinary personalities of Czech cultural and political history will be completed with a weekend of dance, yoga and Pilates workshops.

This event features three different performances based on literature, music and political writings of various figures in recent Czech history.

Vitka is a female solo shaped by Czech composer Vítzslava Kaprálová's music, specifically her piano compositions, April Preludes.

Blatny is centred on Czech poet Ivan Batny's poems, taking its inspiration from spoken word as a tool for sharing emotions and evocating images.

Jan Palach reflects on a violent past through peace and love using dance to find ways to love without resistance.

Poets of the City takes place on Friday, January 29 at 7pm in Oxford House, Derbyshire Street, Bethnal Green.

Call 7739 9001, email **info@oxfordhouse.org.uk** or book tickets (£10 plus £1 booking fee) online at **www.wegottickets.com/event/340280**

You can also take part in dance, Pilates and yoga classes led by the performers on Saturday and Sunday, January 30-31.

For further details and to book, visit **www.oxfordhouse.org.uk**

Tickets cost £10 (for one class), £18 (for two), £26 (three), £34 (four), £40 (five).

Chief Reef, 2015

© CARL-HENRIK TILLBERG, COURTESTY OF THE ARTIST AND ROMAN ROAD

CHAOS, whimsical flora and dreamlike creatures all feature in an exhibition by Swedish artist Jim Thorell.

Seashells on the Seashore is inspired by diverse periods of history, with vibrant, expressionistic compositions reflecting different art movements.

Before deciding on a topic, Thorell dyes his canvases with very liquid paint to expose areas and shapes that form the basic structures of his compositions. The selection of recent paintings will also feature a site-specific mural by the artist.

Thorell's work has been exhibited in solo and group shows around Europe and the US.

The exhibition runs until February 19 at Roman Road art gallery, 62 Roman Road, Bethnal Green and opens from Wednesday-Saturday, 11am-7pm, and by appointment. Visit www.romanroad.com

TOWER HAMLETS

LOCALISM ACT 2011
ASSETS OF COMMUNITY VALUE
NOTICE OF INTENDED DISPOSAL OF LISTED LAND
LAND AT NORTH WEST CORNER OF BRANCH AND HORSEFERRY ROAD, LIMEHOUSE, LONDON

NOTICE is hereby given that on 14 January 2016 the Council received notification from the Mayor of London, City Hall, London SE1 2AA pursuant to section 95(2) of the Localism Act 2011 ("the Act") that it intends to dispose of (i.e. sell) Land at North West Corner of Branch and Horseferry Road, Limehouse, London ("the Property"). The Property has been listed as an asset of community value since 14th October 2015.

Any community interest group (as defined in the Act and the Asset of Community Value (England) Regulations 2012 ("the Regulations")) may now make a written request to be treated as a bidder for the Property. Such requests must be made before the end of the interim moratorium period, which expires on 25th February 2016.

If any community interest group makes a written request then a full moratorium period will come into force, expiring on 14th July 2016.

During the moratorium periods the owner may not dispose of the Property other than to a community interest group (unless the intended disposal falls within an exemption identified in the Act or the Regulations).

If no sale to a community interest group is agreed during the applicable moratorium period, then the owner will be free to sell the Property on the open market during a protected period expiring on 14th July 2017.

Any community interest group wishing to be treated as a bidder should contact Gavin Wilson, Interim Head of Asset Management, Development and Renewal, Tower Hamlets Town Hall, 2nd Floor Mulberry Place, 5 Clove Crescent, London E14 2BG gavin.wilson@towerhamlets.gov.uk

Dated: 21 January 2016

TOWER HAMLETS COUNCIL
TOWN HALL
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

World-famous rock photographer

Annie Leibovitz began her career as a photojournalist for Rolling Stone in 1970. She was established as the foremost rock music photographer and her work has graced front covers ever since.

SEE BELOW

Annie, a Living Legend

Photographer Annie Leibovitz has been designated a Living Legend by the Library of Congress.

SEE BELOW

Laura Poitras, New York City, 2015

© ANNIE LEIBOVITZ WOMEN NEW PORTRAITS EXHIBITION BY ANNIE LEIBOVITZ WITH EXCLUSIVE COMMISSIONING PARTNER UBS

A celebration of Annie's women

BY JACQUELINE HARTHILL

WAPPING is playing host to an exhibition by world-renowned photographer Annie Leibovitz.

Women: New Portraits was recently opened by Leibovitz herself at the Wapping Hydraulic Power Station.

"It was really exciting to find this place in Wapping," she said.

"We were looking for places that were unusual and the power station was founded by visionary Jules Wright, so it feels cool to come in to this place that is known to have art in it."

The new portraits, unveiled for the first time at the show, are a continuation of a project that Leibovitz began more than 15 years ago.

They reflect the changes in the roles of women today and feature women of outstanding achievement including artists, musicians, CEOs, politicians, writers and philanthropists.

> "It was really exciting to find this place in Wapping."
> Annie Leibovitz

The exhibition includes work from the original series as well as other unpublished photographs taken since.

"It is a work in progress," Leibovitz said.

"We are continuing to shoot as we go."

Sponsored by UBS, the exhibition is free to visit. It was commissioned by UBS, a financial organisation that has a history of supporting cultural and artistic endeavours across the world.

The original aim of the project was to depict womanhood in its variety: simple, brave, fearful, portraying creativity of mind and womb.

The new photographs extend the theme and celebrate a new generation of women and the changes they have seen in their lives.

Following its Wapping tenure, the exhibition will travel to Tokyo, San Francisco, Singapore, Hong Kong, Mexico City, Istanbul, Frankfurt, New York and Zurich in the course of the next 12 months.

Women: New Portraits is on until Sunday, February 7, Mon-Thurs 10am-6pm, Fri 10am-8pm, Sat & Sun 10am-6pm.

Wapping Hydraulic Power Station is at Wapping Wall, E1.

Visit **www.ubs.com/microsites/annie-leibovitz**

Two lonely people find their way

THE latest production at The Space theatre is the story of two lost people, a young girl on the brink of disaster and an old man who has forgotten his way.

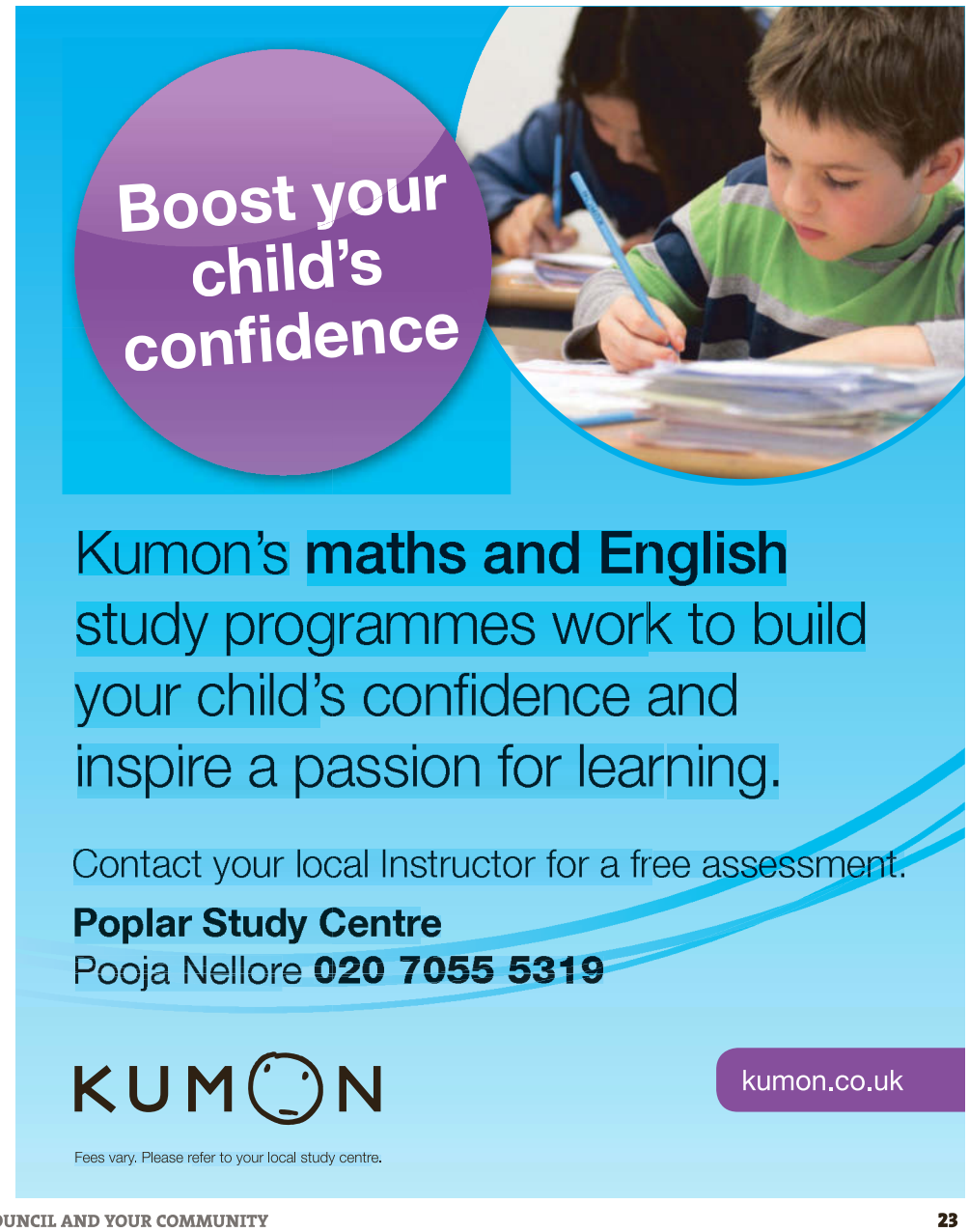
The Lighthouse tells the tale of Nikolas, who is stranded at the frozen edge of the world and rescued by 14-year-old Rose, who is determined to save even the most begrudging of lost mariners.

He agrees to travel to her lighthouse – a building that is full of memories, secrets and echoes of the past, and evokes clear reminiscences for Nikolas himself. Rose is also troubled – why is she burning books and toys?

As each emerges unwillingly from isolation and denial, they must find a way forward together. Uplifting, hopeful and magical, The Lighthouse explores loss and loneliness and is a discovery of two people finding their way in the world.

It is on at The Space until Sunday, January 31. Performances begin at 7.30pm, 2pm matinees. Tickets are priced between £10-£14.

The theatre is at 269 Westferry Road, Isle of Dogs. Call 7515 7799 or visit https://space.org.uk/



Crack coding

Coding is what makes it possible to create apps and websites.

SEE BELOW

Fishy goings-on at Mermaid's Tale

The Half Moon Young People's Theatre hosts A Real Mermaid's Tale, an exciting adventure on the high seas with pirates, monstrous sea creatures and mermaid treasure.

WWW.HALFMOON.ORG.UK

Out & about guide

What's on where this week

Comedy

A Play on Words
Four of the UK's most prolific freestyle rappers explore the infinite ways words are used – from advertising lingo to secrets in a diary. This scripted show incorporates musical sketches and comical rhymes with the emphasis placed on language.
Thurs, Jan 28. 8pm. £8/£6.
Rich Mix, 35-47 Bethnal Green Road, E1.
www.richmix.org.uk

Events

Wonderful Beast presents Bottom's Dream
Come along to Wilton's Music Hall for an evening of entertainment to raise vital funds for Wonderful Beast's forthcoming festival, Storm of Stories. Inspired by the fairy tales of Shakespeare, artists including Bafta award-winning actor Gemma Jones, Hugh Fraser, Celia Hewitt and many more feature in an evening of comedy, music hall, drag and fairytales – all hosted by Iestyn Edwards as Madam Galina.
Thurs, Jan 28. 8-10pm (age recommendation 10+).
£50/£25 (restricted view and under 25)/£15(restricted view under 25).
Wilton's Music Hall,
Graces Alley, E1.
7702 2789
wonderfulbeast.co.uk

Park McArthur
The first UK solo exhibition by New York-based artist McArthur who works primarily in sculpture, sound and text.
This exhibition includes three new bodies of work. A series of sculptures made from wholesale-size, high density polyurethane foam designed to absorb sound and impact. Large paper pieces arranged on sheets of stainless steel that is reactive to the conditions within the gallery. A third component consists of a series of stainless steel trays on low plinths, packed with single use items such as condoms, latex gloves, pressure-reducing heel cups. They underline the permeability of the exhibition itself.
Fri, Jan 29-Sun, April 3.
Chisenhale Art Place,
64-84 Chisenhale Road, E3.
8981 1916
www.chisenhale.co.uk

The Enemies Project: Iceland – Ovinir
A celebration of contemporary Icelandic and British poetry and art, which brings together artists from both countries. Each pair will produce original work for the night and cover lyrical poetry, text art, performance art and video.
Sat, Jan 30. 7.30pm. Free.
Rich Mix, 35-47 Bethnal Green Road, E1.
www.richmix.org.uk

Learn to Code
Coding is what makes games, websites and applications possible. This Saturday morning computer coding club for 8- to 14-year-olds will enable young people to make their own games and more.
All that's needed is basic computing skills and the ability to read.
If you know how to use a mouse and a keyboard then you are all ready to get involved.
Until Sat, Mar 19. 2-3.30pm. Free.
Rochelle School, Arnold Circus, E2.
www.wizziewizzie.org

Spring season launch party
The Space launches its spring season of arts and events and celebrates its 2015 autumn/winter achievements. Catch a sneak preview of upcoming shows, enjoy a complimentary glass of fizz and party with resident artists. All proceeds from the party help to support the development of the theatre and artists.
Thurs, Feb 4. 7pm. £10.
The Space, 269 Westferry Road, E14.
7515 7799
https://space.org.uk

The real East End: a walking tour
Join members of the Friends of Tower Hamlets Cemetary Park and learn all about buried residents, including some notable and notorious characters.
Sat, Feb 6. 11am-1pm. Free.
The Soanes Centre, Tower Hamlets Cemetary Park, Southern Grove, E3.
8983 1277
contact@fothcp.org

The Great Spitalfields Pancake Race
A fundraising event for London's Air Ambulance. In teams of four, dress up (or down) to compete for the honour of becoming this year's champions and receive a specially engraved frying pan.
Tues, Feb 9. 12.30pm.
The Old Truman Brewery, Dray Walk, Brick Lane, E1.
8800 6665
info@alternativearts.co.uk

Exhibitions

The Boys: triumph over adversity
The inspirational story of how a number of young Holocaust survivors rebuilt their lives in post-Second World War Britain. The exhibition is on loan from the Jewish Museum and was produced in association with historian Sir Martin Gilbert.

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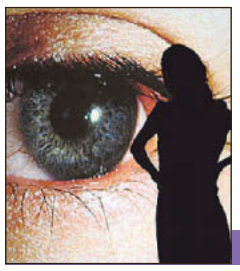


Great artists at Whitechapel

For over a century, the Whitechapel Gallery has premiered world class artists – from Pablo Picasso, Jackson Pollock, Mark Rothko and Frida Kahlo to Lucian Freud and Gilbert & George.

WWW.WHITECHAPELGALLERY.ORG

Jump to it!

Swing music is jazzy and joyous and has been around since the 1920s.

WWW.SWINGPATROL.CO.UK

Out & about guide

What's on where this week

Until Fri, Jan 29. Mon-Fri 9am-7pm, Sat 10.30am-5pm. Free.
Brady Arts Centre Exhibition Space, 192-196 Hanbury Street, E1.
7364 7900

Mariele Neudecker: Plastic Vanitas
A new series of photographic works, curated by Susan Lambert. Neudecker uses the genre of still-life vanitas (a category of symbolic works of art) to re-stage plastic objects, creating new relationships and depths of meaning.
Until Sun, March 27.
The Nunnery, 181 Bow Road, E3.
http://bowarts.org/nunnery/mariele-neudecker-plastic-vanitas

Electronic Superhighway (2016-1966)
Brings together more than 100 artworks to show the impact of computer and internet technologies on artists from the mid-1960s to the present day. Includes new and rarely seen multi-media works, together with film, painting, sculpture, photography and drawings by more than 70 artists.
Fri, Jan 29-Sun, May 15. Tues-Sun 11am-6pm, Thurs 11am-9pm. £13.50/£11.95.
Whitechapel Gallery, 77-82 Whitechapel High Street, E1.
7522 7888
www.whitechapelgallery.org

Blue
The Espacio Gallery is going blue in an all-new exhibition. Artists of varied disciplines have been given the theme of 'blue' and responded with their own interpretations.
Tues, Feb 2–7. Tues-Sat 1-7pm, Sun 11-5pm.
Espacio Gallery, 159 Bethnal Green Road, E2.

Swing Patrol
The social dancing group is back with its usual taster class at 7pm, followed by fun and friendly dancing until 10.30pm. All are welcome, regardless of ability. There will be two performances by some of the swing scene's very best dancers. Sat, Jan 30. 7pm class, 7.30pm dancing and entertainment. £15. Wilton's Music Hall, Graces Alley, E1.
7702 2789
www.wiltons.org.uk

Music

An evening with Stratford East Singers
The choir performs on the main stage at Theatre Royal for a night of song, joy and breathtaking harmonies. Led by Byron Gold, the singers will power through their repertoire and take audience members on a journey through music including songs from Bob Marley, Luther Vandross, Chaka Khan and traditional African Folk.
Sat, Jan 30. 5pm. £12.
Theatre Royal Stratford East, Gerry Raffles Square, E15.
8534 0310
www.stratfordeast.com

Theatre

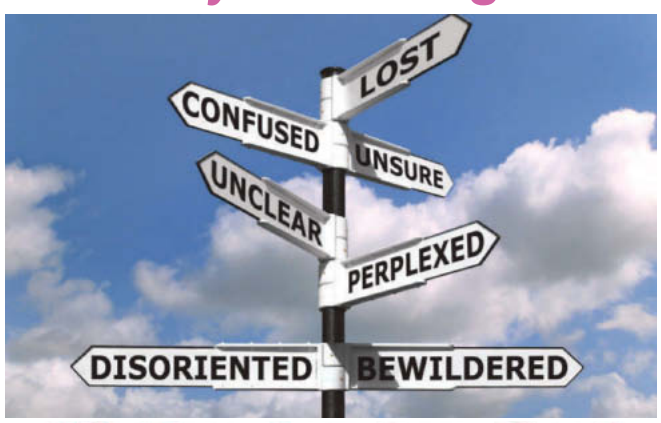
Lullaby Lane
Join Katie as she returns to her childhood home on Lullaby Lane in search of forgotten friends, much-loved toys and the gift of music-making that her dad gave to her.
Until Thurs, Jan 28. Times vary, check website for details. 3-7 years. £6.
Half Moon Young People's Theatre, 43 White Horse Road, E1.
7709 8900
www.halfmoon.org.uk/book

Rumplestiltskin
Auntie spins as hard as she can to make the wool for the king's special jumper. But the royals are out of cash, the girl who is helping is useless at spinning and the prince just wants to be a shepherd. Everyone gets their threads in a twist and then Rumpel... you-know-who steps in. Who is he, where does he come from and can they guess his real name before he gets them all in a spin?
Sat, Jan 30. 11am and 2pm. £6.
For 3- to 8-year-olds.
Half Moon Young People's Theatre, 43 White Horse Road, E1.
7709 8900
www.halfmoon.org.uk/book

A Real Mermaid's Tale
Follow Amelia Buttersnap, intrepid explorer, adventurer and seeker out of all things unknown as she embarks on a journey full of magic, puppetry and mutinous rats, to discover evidence of mermaids and other mythical under-water creatures.
Sat, Feb 6. 11am and 2pm. £6. 3+.
Half Moon Young People's Theatre, 43 White Horse Road, E1.
7709 8900
www.halfmoon.org.uk/book

Finished your cancer treatment?

Are you feeling...



MACMILLAN
HOPE course

Life can be tough when you are living with cancer, or even after treatment ends. No-one should have to face this alone.

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HOPE is a **FREE** licensed programme that helps people who have had cancer to get on with their lives.
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First session on **27th January 2015**.

East London Centre, Boardman House
64 The Broadway, Stratford, E15 1NT

For more information and to book a place contact
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020 8525 3154
or email
s.sakula-barry@stjh.org.uk

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E: info@stjh.org.uk
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Organised by the Tower Hamlets Safer Neighbourhood Board

Residents' Question Time

A Safer Neighbourhood Board public meeting

Monday 22 February 2016

6.30 – 8.30pm (doors open at 6.00pm)

The Kirtland Centre

1-3 Coborn Street, Bow, Mile End, London E3 2AB

(between Mile End and Bow Road underground stations)

- Your chance to meet the Police Borough Commander and the Head of Safer Communities, to discuss key policing and community safety issues
- A great opportunity for local people to share their experiences and views
- Promote and raise awareness of current action being taken to address key issues
- All residents welcome

For further information please phone Jon Shapiro on 07811 482731 or email jon.shapiro@o2.co.uk

The event is funded by the Mayor's Office for Policing and Crime and organised by the Tower Hamlets Safer Neighbourhood Board.

MOPAC Mayor's Office for Policing and Crime

METROPOLITAN POLICE Working together for a safer London

TOWER HAMLETS

Farm fresh and down your way

Stepney City Farm in Stepney Way is a working farm and rural arts centre. Its café and shop are open to the public, selling produce grown and sold in Stepney – as well as tasty meals.

WWW.STEPNEYCITYFARM.ORG

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

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Tap into the taste of Spain down the Lane

BY GORDON BLUE

PETTICOAT Lane Market has recently had a bit of a revival, with restaurants and bars opening at a pace.

Fans of tapas are going to enjoy Copita del Mercado, a new joint which feels welcoming and warm against the miserable January backdrop.

I start my two-fingers-up to dry January with a dry-as-a-bone martini, in a bevelled glass I immediately covet.

January is widely accepted as the most depressing of months – the idea of giving up alcohol, my personal crutch, for this of all months – leaves me cold.

Needless to say my usual jovial and kind dining partner was shooting me daggers over her carrot juice, as I supped my way into oblivion.

The restaurant's vegetarian options are sublime, and use top-notch ingredients with a flair. My sweet potato, peanuts and salsa brava were amazing.

If you think patatas bravas are delicious, you ain't seen nothing yet. Crispy sweet potatoes, smothered in a mix of marie-rose and aioli sauces. I know!

Copita del Mercado is a winter-warming treat

Aubergines, hazelnuts and tomato honey were equally stunning, punctuated with fresh coriander and a snip at £6.

There was a theme of getting the most from vegetables through roasting and char-grilling – a case in point being the fennel, orange, black olives and Ermesenda cheese which was darkly caramelised and served, warm and comforting, with a scattering of pumpkin seeds to add texture.

Next came the king prawns a la plancha. Langoustine-esque in size, these prawns were a sight to behold and left my chatty friend in silent reverie.

A finger bowl would have been nice, as my pristine white shirt looked like something by Jackson Pollock by the end, but I forgive this oversight for the sheer excellence and simplicity of this dish.

Last, but certainly not least, was the cuttlefish fritura. Tender slices of well-seasoned cuttlefish, deftly fried and made colourful with marinated slices of piquillo peppers, which added an accent to the creaminess of the fish flesh.

The interiors are all copper funk and colourful hand-painted tiles. Service could have been zippier on a quiet night, but I think they're finding their feet having recently opened.

Two ate five different dishes, with one exciting martini and one healthy, but inherently dull, carrot juice for just over £50 all in, including service. Not bad and a great January fillip.

■ **Copita del Mercado is at 60 Wentworth Street, E1. Tel: 7426 0218.**

Brussel up this meaty favourite

THIS week at Stepney City Farm we have the perfect winter warmer, and a great way to use up any lingering, left-over sprouts.

Our sautéd liver, bacon and Brussels, with potatoes and red onion, will keep the cold – and hunger – at bay.

Our English seasonal and local produce goes fantastically well with liver.

Liver, bacon and sprouts – serves 4

Ingredients

- 1 pack of lambs' liver, sliced
- 160g Brussels sprouts
- 1 red onion
- 800g potatoes
- 4 chopped slices of bacon
- 4 free range eggs

Method

1. Boil the potatoes until al dente. Strain and leave to cool.
2. Chop livers, lightly flour and season with salt and pepper.
3. Cut the Brussels into halves or quarters if big. Cut the bacon into strips and finely slice the onion.
4. In a hot pan, sauté the liver and bacon with a little oil or butter, then set aside to rest.
5. Sauté the onions, Brussels sprouts and potatoes then add the liver and bacon to quickly heat all components of the dish together.
6. Serve immediately. A fried egg can be added and a few fresh herbs for a hearty brunch.

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East London age UK

TOWER HAMLETS

Handy Person Service

Are you over 65? Or have recently been discharged from hospital? Or are you disabled? If any of these apply to you, and you receive any income support*, then the council's free Handy Person Service may help you or someone you know.

*attendance allowance, carers allowance, carers credit, constant attendance allowance, disability living allowance, incapacity benefit and pension credit.

What is covered

(list is not exhaustive)

Home security

Fitting smoke alarms, carbon monoxide detectors, door locks and door chains

Accident prevention

Fixing grab rails, bannisters, replacing light bulbs

General handy person service

Draught proofing a door or window, installing telephone fittings, unblocking a drain

How it works

The Health and Housing Team will assess any hazards in the home and establish if any repairs are needed. If repairs are needed, Age UK East London will send a Handy Person round to fix them at a time convenient to you.

Contact

To be considered for the scheme or refer someone who you think needs it, contact: The Health and Housing Team, Environmental Health, Mulberry Place, 5 Clove Crescent, London E14 1BY, call 020 7364 5008 or visit www.towerhamlets.gov.uk/healthyhomes

Local Housing Allowance Rates

April 2015

Type of Accommodation	Local Housing Allowance
* Shared Accommodation	£102.09 per week
1 Bedroom	£257.35 per week
2 Bedroom	£302.33 per week
3 Bedroom	£354.46 per week
4 Bedroom & above	£417.02 per week

*The shared accommodation rate will be used for single people under 35 years of age and single tenants/couples who only have exclusive use of one room and shares other facilities.

TOWER HAMLETS

Mobile Police Office Community Safety Surgeries

Tower Hamlets residents are invited to discuss crime or anti-social behaviour concerns in the local area.

Come and speak in confidence to the local Metropolitan Police Safer Neighbourhood Team (SNT), council officers, local Councillors, housing providers, Tower Hamlets Enforcement Officers (THEOs) and other community safety partners.

There are three surgeries in the borough during February, followed by a ward walkabout which will visit local crime hotspots.

Later that evening, residents can attend a Local Ward Panel meeting with their neighbourhood police team.

Ward Spitalfields and Banglatown

Date Wednesday, February 3
Surgery Mobile Police Office Community Safety Surgery, 3-4pm
Location Junction of Chicksand Street and Spelman Street, E1 5LD
Ward Walkabout location/time Chicksand Estate, E1 5LD, 4-5.30pm
Local Ward Panel meeting location/time 65 Brushfield Street, Spitalfields, E1 6AA, 6.30-7.30pm

Ward Bow East

Date Wednesday, February 17
Surgery Mobile Police Office Community Safety Surgery, 3-4pm
Location Outside Bow Idea Store, Roman Road, E3 5ES
Ward Walkabout location/time Outside Bow Idea Store, Roman Road, E3 5ES, 4-5.30pm
Local Ward Panel meeting location/time Bow Idea Store, Roman Road, E3 5ES, 6.30-7.30pm

Ward Mile End

Date Thursday, February 25
Surgery Mobile Police Office Community Safety Surgery, 3-4pm
Location Junction of Mile End Road and Burdett Road, E3 4TU
Walkabout location/time Hamlets Way, E3 4NW, 4-5.30pm
Local Ward Panel meeting location/time Housing Office, Southern Grove, E3 4PX, 7-8pm

TOWER HAMLETS

METROPOLITAN POLICE

TOTAL POLICING

This is a good opportunity for residents to discuss policing, crime and disorder issues in your local area and meet leads across the community safety partnership.

Career Opportunities

TOWER HAMLETS

We're looking for people who love Tower Hamlets – its vibrancy, its diversity, its rich history and its modern buzz.

At Tower Hamlets Council, we provide services that meet the needs of local people and businesses. Our aim is to make the borough the best it can be.

Visit **www.towerhamlets.gov.uk/careers** to find out how you can be part of the Tower Hamlets story.

Free internet access and employment advice and support is available at all Idea Stores.
Visit **www.towerhamlets.gov.uk/ideastore**

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Public notices

PUBLIC NOTICE

A building certified for worship named Anchor of Hope Christian Fellowship, Ground Floor Only, 59 – 61 Vyner Street, London in the registration district of Tower Hamlets in the London Borough of Tower Hamlets was on 28th November 2015 registered for solemnizing marriages therein, pursuant to Section 41 of the Marriage Act 1949 (as amended by Section 1(1) of the Marriage Acts Amendment Act 1958)

Catherine Sutton
Superintendent Registrar

Date of notice: 25 January 2016

LONDON BOROUGH OF TOWER HAMLETS

SPECIAL TREATMENT LICENCES

NOTICE IS GIVEN THAT Waldirene Santos Ferreira Pavarin has applied to the London Borough of Tower Hamlets for manicure, pedicure, facial.

Licence(s) for the premises 164 Mile End Road, Stepney Green E1 4LJ.

Anyone wishing to oppose the application must give notice in writing to David Tolley, Head of Consumer and Business Regulations Service, 6th Floor, Mulberry Place, 5 Clove Crescent, London, E14 2BG Within three weeks specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council

PUBLIC NOTICE

ROAD CLOSURE UNDER THE CROSSRAIL ACT 2008.

Assembly Passage, E1 will be closed from Mile End Road to 60metres south of Mile End Road from 8am on Saturday 13th February 2016 to 8pm on Sunday 14th February 2016. Access and egress will be allowed into Assembly Passage from Redman's Road. The closure is required so that the monitoring equipment inserted into a borehole in the road can be removed.

LONDON BOROUGH OF TOWER HAMLETS
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)
TEMPORARY PROHIBITION OF TRAFFIC – GREATOREX STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:
Location: Greatorex Street between its junction with Whitechapel Road and its junction with Old Montague Street;
Reason: To allow works to be carried out on the public highway by JSM Construction Limited;
Alternative Route: For vehicular will be via Whitechapel Road, Osborn Street and Old Montague Street or Whitechapel Road, Vallance Road, Underwood Road, Deal Street, Hanbury Street and Greatorex Street;
Period: From Monday 8th February 2016 to Sunday 21st February 2016.
Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 25th January 2016

SIMON BAXTER
INTERIM SERVICE HEAD, PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Circle Housing Old Ford in partnership with WEA are delivering the following FREE courses:

Circle Housing Old Ford

Skills for Work

This course will help build your skills, knowledge and confidence for the workplace. It will provide you with all the practical preparation and guidance you need to progress with your career.

Mondays 10am to 1pm – starting Monday 22nd February

ESOL

This course will help you improve your English speaking, listening and writing skills you need for everyday life. You will be assessed to see what level of qualification you will be working towards.

Assessment day: Friday 12th February, 10am – 12 midday
Course starts on Friday 26th February

Community Interpreting

For people who speak English and a community language and are interested in learning about the field of community interpreting and developing their knowledge of UK public services.

This course will cover the role of community interpreter and the contexts in which they work. Learners will be encouraged to find relevant voluntary work in the community in order to gain experience.

Assessment day: Thursday 11th February 10am – 12 midday
Course starts on 25th February 10am – 1pm

Venue for all courses:
Eastside Youth & Community Centre, 6 Parnell Road, E3 2RB.

Please contact the Information, Advice & Guidance Team to register your interest or to find out further information on **020 8981 3298** or email **justin.brett@circle.org.uk**

BANCROFT
TENANT MANAGEMENT CO-OPERATIVE

Estate Caretaker | F/T 35 hours, £19,000 circa

A caretaker is required to work as part of a team responsible for general upkeep and sanitation of Bancroft Estate. Candidates should be physically fit with preferably handyman skills. Ideally you will have had experience in working with the public in either a paid or voluntary capacity and must be committed to providing a quality customer orientated service within a multi-cultural environment.

For application pack: enquiries@bancrofttmc.org.uk
www.bancrofttmc.org.uk
Closing date: Friday 5 February 2016 at 12.00pm

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Providing Personalised Care and Support in Tower Hamlets

RECRUITMENT OPEN DAY
Wednesday 27 January 2016, 11am – 2pm
Come along to our Recruitment Open Day at Sonali Gardens, 18 Sutton Street, London E1 0AG

Relief Extra Care Support Workers

Ref: 12786 **£9.15 per hour**

We are looking for reliable, resourceful and energetic individuals who are highly motivated, hardworking and keen to support older people with personal care and support needs. You will be expected to work on a casual basis as needed in our 6 extra care schemes in Tower Hamlets.

For queries contact Kitty on 07580 958 005 or Frances on 07805 749 930.
Closing date: 7 February 2016

Visit www.creativesupport.co.uk/jobs or email recruitment@creativesupport.co.uk to find out more about these vacancies and other opportunities we can offer.

A progressive not for profit agency (charitable status 27440R) which promotes equality of opportunity for all.

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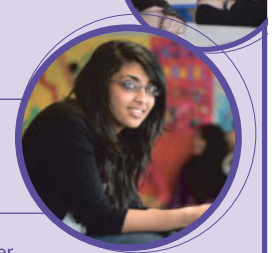
Mulberry School for Girls

50 YEARS OF PIONEERING WOMEN'S EDUCATION



Confidence, Creativity, Leadership and Learning for Young Women
Richard Street, Commercial Road, London E1 2JP
T: 0207 790 6327 F: 020 7265 9882

Premises Manager

£31,323 to £32,964 full time all- year round, 8.30am to 4.30pm Monday to Friday

We wish to appoint a professional, experienced and capable Premises Manager for this highly successful and innovative all – girls' school.

As Premises Manager, you will play a key role in:
- risk assessing all of the school's activities and ensuring compliance with regulations and legislation
- overseeing the smooth running of the outsourced cleaning and security contracts
- ensuring that the school environment is clean and safe and adheres fully to health and safety legislation

The successful postholder will:
- hold an appropriate Health and Safety qualification (NEBOSH or equivalent)
- a PAT testing certificate (or be willing to gain such a qualification)
- demonstrate good knowledge of the security needs of the school
- have practical handyperson expertise, woodwork etc

Professional qualifications in plumbing or electrical services would be an advantage.

For an application pack and for more information please contact Runa Hoque on rhoque@mulberry.towerhamlets.sch.uk

Closing Date: Wednesday 3rd February 2016 noon.
We are an equal opportunities employer and we are committed to safeguarding and promoting the welfare of children.

Ofsted Outstanding School 2010 2013

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Chris on 7364 4994 Sharan on 7364 4061 | Terri on 7364 4681 Fatima on 7364 4623

Public&Legal Notices

THE GREATER LONDON AUTHORITY

THE TOWN AND COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011 (AS AMENDED) ("EIA Regulations")

NOTICE UNDER REGULATION 22 OF SUBMISSION OF FURTHER ENVIRONMENTAL INFORMATION

On 21 July 2014 Bishopsgate Goodsyard Regeneration Limited submitted a hybrid planning application and listed building consent application (reference numbers: PA/14/02096 & PA/14/02011) to the London Borough of Tower Hamlets (Mulberry Place, 5 Clove Crescent, London, E14 2BG) for the following development at Bishopsgate Goods Yard, Shoreditch, London E1:

'An OUTLINE application for the comprehensive mixed use redevelopment of the site comprising:

- Residential (Class C3) comprising up to 1,356 residential units;
- Business Use (Class B1) – up to 65,859 sqm (GIA);
- Retail, financial and professional services, restaurants and cafes and hot food takeaways (Class A1, A2, A3 and A5) – up to 17,499 sqm (GIA) of which only 2,184 m² (GIA) can be used as Class A5;
- Non-residential Institutions (Class D1) – up to 495 sqm (GIA);
- Assembly and Leisure (Class D2) – up to 661 sqm (GIA);
- Public conveniences (sui generis) – up to 36 sqm (GIA);
- Ancillary and plant space – up to 30,896 sqm (GIA);
- Basement – up to 8,629 sqm (GIA);
- Formation of new pedestrian and vehicular access and means of access and circulation within the site; and
- Provision of 22,642 sqm of new public open space and landscaping.

The application proposes a total of 12 buildings that range in height, with the highest being 177.6 m AOD and the lowest being 23.6 m AOD.

With all matters reserved save that FULL DETAILS are submitted for alterations to and the partial removal of existing structures on the site and the erection of three buildings for residential (Class C3), namely Plot C (ground level, plus 26-30 storeys, plus plant); Plot F (ground level, plus 46 storeys, plus plant); Plot G (ground level, plus 38 storeys, plus plant) comprising up to 940 of the total residential units; and retail and food and drink uses (A1, A2, A3, A5); and use of the ground and basement levels of the Braithwaite Viaduct for retail and food and drink / community uses (A1, A2, A3, A5/D1). Works to and use of the Oriel and adjoining structures for retail and food and drink uses (A1, A2, A3, A5).

For that part of the site within LB Tower Hamlets, the proposed development comprises the following mix of uses:

- Up to 91,469 m² (GIA) of Residential use (Class C3);
- Up to 16,670 m² (GIA) of Business Use (Class B1);
- Up to 10,984 m2 (GIA) of Retail Use (Class A1, A2, A3, A5 of which only 1,960 m² (GIA) can be used for hot food takeaways (Class A5);
- Up to 495 m² (GIA) of Non-residential Institution Use (Class D1);
- Up to 661 m² (GIA) of Assembly and Leisure Use (Class D2);
- Up to 36 m² (GIA) of sui generis use;
- Up to 18,147 m² (GIA) of ancillary and plant space;
- Up to 5,224 m² (GIA) of basement.'

The application is accompanied by an Environmental Statementin accordance with the EIA Regulations.

The proposed redevelopment is being considered in the context of the proposals on the adjacent site (within the London Borough of Hackney) reference numbers: 2014/2425 & 2014/2427.

On 23 September 2015 the Mayor of London (City Hall, The Queen's Walk, London SE1 2AA) confirmed (under article 7 of the Town and Country Planning (Mayor of London) Order 2008) that he would act as local planning authority for the purposes of determining the above planning applications (GLA ref: D&P/1200c&d).

The applicant has submitted on 19 January 2016 to the Greater London Authority further environmental information under Regulation 22 of the EIA Regulations, in relation to the Environmental Statement which has already been provided. A copy of the further information will be available to view online at:

https://www.london.gov.uk/what-we-do/planning/planning-applications-and-decisions/public-hearings/bishopsgate-goodsyard-public

This information may also be inspected by members of the public at all reasonable hours at the Council Offices of the London Borough of Tower Hamlets (Mulberry Place, 5 Clove Crescent, London, E14 2BG) at the Council Offices of the London Borough of Hackney (2 Hillman Street, London, E8 1FB) and at City Hall, The Queen's Walk, London SE1 2AA for 21 days beginning with the date of publication of this notice where copies may be obtained there so long as stocks last. The latest date on which it will be available for inspection will therefore be 15 February 2016. Additional copies of the further information can be purchased from DP9 Limited (100 Pall Mall, London, SW1Y 5NQ) (at a price of £2 per hard copy).

Anyone who wishes to make representations about this application should write to the following address within 21 days beginning with the date of publication of this notice and representations must be received no later than **15 February 2016**:

Bishopsgate Goodsyard Public Hearing
The Planning Team
Greater London Authority
City Hall
The Queen's Walk
London SE1 2AA

Alternatively you can use the following email address: bishopsgate@london.gov.uk Please note that if you do not submit your comments in writing by 15 February 2016 your views may not be able to be taken into account.

25 January 2016

Public&Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 15(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 AND OTHER SIGNIFICANT APPLICATIONS.

Notice is hereby given that the London Borough of Tower Hamlets is considering the following applications:

South East Junction Of East Smithfield and Vaughan Way Pavement, East Smithfield, London — **PA/15/03464**
Removal and redevelopment of existing 17.5M Monopole supporting 3 No. Antenna and the installation of a replacement 17.5M dual stack monopole, supporting 6 no antenna.

Land at corner of Vaughan Way adjacent to John Orwell Sports Centre, Wapping, London — **PA/15/03537**
Prior notification for proposed base station and antenna installation.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 25th January 2016

OWEN WHALLEY
HEAD OF PLANNING AND BUILDING CONTROL

TOWER HAMLETS

To place your Public notices in East End Life please call…
Terri on 7364 4681
Chris on 7364 4994
Fatima on 7364 4623

Public&Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

52 Brick Lane, London, E1 6RF **PA/15/03342**
Change of use of 1st floor from offices (use class B1) to 1 x 1-bedroom flat (use class C3). Alterations to rear elevation.

Copperfield House, First Floor, 34 Copperfield Road, London PA/16/00018
Prior approval for the conversion of first floor warehouse (Use Class B8) to 1x two bed flat and 1x three bed flat.

16 - 22 Bacon Street, London, E1 6LF **PA/16/00055**
Demolition of 16 Bacon Street comprising residential unit at first and second floor over ground floor retail and construction of new building at 16-22 Bacon Street to accommodate 9 residential units over ground floor retail

61 Hanbury Street, London, E1 5JP **PA/16/00064**
Display of an internally illuminated hanging sign.

37 New Road, London, E1 1HE **PA/15/00005**
New stair case and railings and door to basement.

Unit 5, North West Block, Goodman's Fields, E1 8EJ **PA/15/03491**
Proposed Internally Illuminated Fascia Sign And Internally Illuminated Projecting Sign.

112-116 Whitechapel Road, London, E1 1JE **PA/16/00010**
Prior notification of change of use from A1/A2 commercial use to A3 use.

3-4 Vine Court, London **PA/16/00004**
Demolition of existing buildings and erection of 2 x 3 bedroom houses and 2 x 1 bedroom houses.

138-140 Whitechapel Road, London, E1 1JE **PA/16/00001**
Removal of existing advertisement signage and shopfront.

Flat 8, John Pritchard House, Buxton Street, London, E1 5AS **PA/16/00011**
Erection of a single storey rear extension

83 Antill Road, London, E3 5BT **PA/15/03571**
Demolition of existing and construction of a new rear extension.

87 Whitechapel High Street, London, E1 7QX **PA/16/00032**
Replacement of existing crittall windows to UPUC windows.

Flat 24, Sovereign House, Cambridge Heath Road, London, E1 5RZ **PA/16/00033**
Replacement of the front door, side panel and glass above the door for a composite door in blue outside and white inside. Finished with stippolyte toughened glass in the side panel and glass above door.

Flat 4, Sulkin House, Knottisford Street, London, E2 0RS **PA/16/00046**
Complete renovation of the maisonette flat to upgrade the kitchen, bathroom, heating, plumbing, electrics and storage to contemporary living standards. Part removal of non load bearing wall between kitchen and living room to create an open plan living area. Removal of non load bearing wall between hallway and kitchen to create a storage unit that will behave like a wall.

THE FOLLOWING ARE HOUSEHOLDER APPLICATIONS AND IN THE EVENT OF AN APPEAL AGAINST A REFUSAL OF PLANNING PERMISSION, WHICH IS TO BE DEALT WITH ON THE BASIS OF REPRESENTATIONS IN WRITING, ANY REPRESENTATIONS MADE ABOUT THESE APPLICATIONS WILL BE SENT TO THE SECRETARY OF STATE, AND THERE WILL BE NO FURTHER OPPORTUNITY TO COMMENT AT APPEAL STAGE.

30 Old Ford Road, London, E2 9PJ **PA/15/03573**
Single storey mansard roof extension to existing house.

4 Pekin Close, London, E14 6HA **PA/16/00013**
Single storey rear extension and loft conversion incorporating a rear dormer and three front roof lights.

6 Mile End Place, London, E1 4BH **PA/16/00020**
Extension to the 1st floor rear elevation, incorporating a new double glazed window and rooflight at rear 1st floor level.

41 Aberavon Road, London, E3 5AR **PA/16/00061 & PA/16/00062**
Single storey rear extension and infill adjacent to existing rear extension, including the part removal of the existing 1980's extension brick wall.

8 Chisenhale Road, London, E3 5QZ **PA/16/00077**
Erection of single storey second floor extension to the rear of the property and installation of 2no rooflights to existing building roof.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 25th January 2016

OWEN WHALLEY
HEAD OF PLANNING AND BUILDING CONTROL

TOWER HAMLETS

Public&Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2015

NOTICE UNDER ARTICLE 15(3) OF APPLICATION FOR PLANNING PERMISSION

Notice is hereby given that the London Borough of Tower Hamlets is considering the following application:

Canada Square Park, Canary Wharf, London E14 **PA/15/03529**

I hereby give notice that **DP9** on behalf of **Canary Wharf (CS Park Pavilion) Limited IS** applying for Planning Permission for the following:

Erection of a two storey building for use as a restaurant (use class A3), with associated external landscaping and terrace area, demolition of an existing glass entrance pavilion located within Canada Square Park and the removal of a sculpture known as the "Big Blue'

The proposed development does not accord with the provisions of the Tower Hamlets Local Plan

Copies of the application and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the above address.

Dated: 25th January 2016

OWEN WHALLEY
HEAD OF PLANNING AND BUILDING CONTROL

TOWER HAMLETS

Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – OSBORN STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, made an Order, which will continue in force to prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

- Location: Osborn Street between its junction with Whitechapel Road and its junction with Wentworth Street;
- Reason: To allow essential works to be carried out on the public highway by J Murphy & Sons;
- Alternative Routes: for vehicular traffic will be Whitechapel Road, Greatorex Street and Old Montague Street (westbound);
- Period: From Saturday 30th January 2016 to Sunday 7th February 2016.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Old Montague Street for a distance of approximately 40 metres, west, from its junction with Greatorex Street will be temporarily suspended.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 25th January 2016

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Public notices

LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – BRICK LANE E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding, the following temporary prohibition:

Location:

a) Brick Lane, a distance of approximately 30 metres north and 30 metres south from its junction with Fournier Street;

b) Fournier Street, a distance of approximately 20 metres west from its junction with Brick Lane.

Reason: To allow works to be carried out on the public highway by LBTH;

Alternative Route: For vehicular traffic will be via Brick Lane, Chicksand Street, Greatorex Street, Hanbury Street, Spelman Street and Princelet Street or Fournier Street, Commercial Street, Hanbury Street, Wilkes Street, Princelet Street and Brick Lane;

Period: From Saturday 30th January 2016 to Tuesday 2nd February 2016.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in:

- Brick Lane between its junction with Heneage Street and its junction with Princelet Street will be temporarily suspended;
- Fournier Street between its junction with Wilkes Street and its junction with Brick Lane will be temporarily suspended.

Please refer any queries regarding the traffic restriction to Nasser Zanitchkhah, Street Scene Engineer, Improvement Works Group, Transport and Highways on 020 7364 6812 or email nasser.zanitchkhah@towerhamlets.gov.uk

Dated: 25th January 2016

SIMON BAXTER
INTERIM SERVICE HEAD, PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – WILKES STREET AT ITS JUNCTION WITH FOURNIER STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding, the following temporary prohibition:

Location: Wilkes Street for a distance of approximately 20 metres, north, from its junction with Fournier Street;

Reason: To allow essential works to be carried out on the public highway by Agility Alliance on behalf of Thames Water;

Alternative Route: For vehicular traffic will be via Wilkes Street, Princelet Street, Brick Lane, Quaker Street, Wheler Street, Commercial Street and Fournier Street;

Period: From Wednesday 17th February 2016 to Friday 19th February.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Wilkes Street between its junction with Princelet Street and its junction with Fournier Street will be temporarily suspended.

Please refer any queries regarding the traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

Dated: 25th January 2016

SIMON BAXTER
INTERIM SERVICE HEAD, PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – SPITAL YARD E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, propose to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Spital Yard for a distance of approximately 10 metres, south, from its junction with Spital Square;

Reason: To allow essential works to be carried out on the public highway by Centercomms on behalf of BT;

Alternative Route: There are no alternative routes for vehicular traffic as it is a cul-de-sac or dead end street;

Period: Monday 22nd February 2016 and Tuesday 23rd February 2016.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 25th January 2016

SIMON BAXTER
INTERIM SERVICE HEAD, PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS

The Tower Hamlets (Waiting and Loading) (No.1) Order 2015 (Amendment No.12) Order 2016

The Tower Hamlets (B3 Parking Places) (No.1) Order 2015 (Amendment No.8) Order 2016

The Tower Hamlets (Free Parking Places) Disable Persons (No.1) Order 2015 (Amendment No.7) Order 2016

The Tower Hamlets (C4 Parking Places) (No.1) Order 2015 (Amendment No.2) Order 2016

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 25th January 2016 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
2. The general effect of the Orders would be to in:
   a) **Chapman Street -**
      i) Introduce No Loading restrictions At Any Time along the whole length of the south side.
      ii) Introduce No Loading restrictions At Any Time along the north side from Morris Road to Watney Street.
      iii) Introducing No Loading restrictions Mon. to Sat. between 10:00 am to 4:00 pm along north side between Morris Street and Cannon Street Road.
   b) **Morris Street -** Introduce No Loading restrictions At Any Time along the whole length on both sides of the Street.
   c) **Watney Street -** Introduce No Loading restrictions At Any Time along the whole length of both sides of the street between Martha Street and Cornwall Street.
   d) **Folgate Street (Opp. Linnell House 1/22) -** To Convert a Single Resident Parking space into 3 hours general disable bay.
   e) **Leven Road North side (Opp. 214/216) -** Remove three Resident parking spaces (14m) and replace with Double Yellow Lines.
   f) **Horseferry Road -**
      i) (Outside No.46) - To remove a single Shared Use space at its easterly end and replace it with Double Yellow Line.
      ii) On the south and west kerbs nearest no.46, introduce At Any Time No Loading Restrictions.
3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6949), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: Parking.development@towerhamlets.gov.uk of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 25th January 2016

SIMON BAXTER
SERVICE HEAD, PUBLIC REALM

LONDON BOROUGH OF TOWER HAMLETS BUDGET CONSULTATION WITH BUSINESS RATE PAYERS

Requirements of Section 65, Local Government Finance Act 1992

The London Borough of Tower Hamlets is currently in the process of preparing and agreeing its budget for the 2016/17 financial year. In accordance with Section 65 of the Local Government Finance Act 1992, part of this process is a duty to consult with business rate payers or their representatives.

The budget process for 2016/17 involves decisions being formulated over the levels of expenditure for Council services under the following headings in accordance with the timetable set out below.

The Current Year (2015/16)

The legislation requires that the Authority provides:

- The Authority's original estimate of its total expenditure and income;
- The Authority's latest estimates of the total of its revenue expenditure and income;
- The total of its expenditure for capital purposes.

Next Year (2016/17)

The Council's Cabinet is currently considering proposals for revenue and capital expenditure for 2016/17. The Council will formally approve the budget and council tax levels for 2016/17 on 24th February 2016.

General Fund Revenue Estimates

The draft budget proposals have already been presented to Cabinet on the 5th January 2016. The budgets will be finalised in February 2016. A comparison between the 2016/17 draft proposals and the 2015/16 original and latest budgets will subsequently be made available. The 2015/16 latest budget represents changes that have been agreed by the Council during the 2015/16 financial year.

Capital Estimates

A report detailing the projected resources available to fund the 2016/17 capital programme was presented to Cabinet on 5th January 2016. The Council will formally approve the resources for the capital programme and individual capital schemes on 24th February 2016.

Housing Revenue Account Estimates

The Housing Revenue Account estimates and rent setting report was considered by Cabinet on 5th January 2016. A detailed report on the 2016/17 Housing Revenue Account budget will be considered by Cabinet on 2nd February 2016.

Copies of the above reports have been made available to the following business rate payers' representative organisations: Bangladesh British Chamber of Commerce, Business Junction, East London Chamber of Commerce, Federation of Small Businesses, and Spitalfields Small Business Association.

If you are either:

- An individual business rate payer who would like to receive copies of the above reports; or
- A representative of a business rate payers' organisation and would like to be included in the consultation exercise in future, please contact:

  Ekbal Hussain, London Borough of Tower Hamlets, Resources Directorate, Town Hall, Third Floor, Mulberry Place, 5 Clove Crescent, London E14 2BG or by e-mail to **Ekbal.hussain@towerhamlets.gov.uk**

  Alternatively, copies of all reports can be found on the London Borough of Tower Hamlets' website at **www.towerhamlets.gov.uk**

TOWER HAMLETS

LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – WOOLMORE STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Woolmore Street for a distance of approximately 50 metres, west, from its junction with Robin Hood Lane;

Reason: To allow works to be carried out on the public highway by Agility Alliance on behalf of Thames Water;

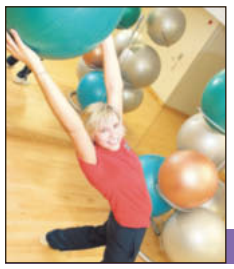
Alternative routes: for vehicular traffic will be via Woolmore Street, Bullivant Street, Ashton Street and Robin Hood Lane and vice versa;

Period: Wednesday 10th February 2016 to Friday 12th February.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, john.parsons@towerhamlets.gov.uk

Dated: 25th January 2016

SIMON BAXTER
SERVICE HEAD, PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. For more information visit your local leisure centre or contact using the information below.

Best fut forward

Futsal is a fast-moving, skilful variant of football. It is huge in Brazil, and football stars like Ronaldinho played it as children.

SEE BELOW

Sport

BETHNAL Green-based Warriors Futsal Club are hoping to repeat the success of their first competitive season by successfully defending their Enfield Futsal League title.

Futsal is a fast-moving, skilful variant of football. It is huge in Brazil, and football stars like Ronaldinho played it as children.

Warriors (pictured) went through the season unbeaten – not bad for a side that had previously only played friendly matches.

Now they are hoping to add more silverware to their trophy cabinet and made a good start, beating Chelsea Kensington 7-4 in the Enfield Futsal Cup, after coming back from 3-1 down.

Warriors, who are based in Palmers Road, Bethnal Green and train at the Copper Box Arena, will be holding trials for anyone over 16.

If you want to start playing, or are interested in sponsoring the team, email coach Maikel De Quadros at maikelfutsal@hotmail.com

Public&Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN AND COUNTRY PLANNING ACT 1990 (AS AMENDED)

TOWN AND COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011 (AS AMENDED) – Regulation 22

Reference: PA/15/02671 Application received: 18/09/2015
Proposed development of land at: 50 Marsh Wall, 63-69 and 68-70 Manilla Street London, E14 9TP

Proposed development: Application for demolition of all buildings on site at 50 Marsh Wall, 63-69 and 68-70 Manilla Street to enable redevelopment to provide three buildings of 65, 20 and 34 storeys above ground comprising 634 residential units (Class C3), 231 hotel rooms (Class C1), provision of ancillary amenity space, a new health centre (Class D1), a new school (Class D1), ground floor retail uses (Class A3), provision of a new landscaped piazza, public open space and vehicular access, car parking, cycle storage and plant. Retention of 74 Manilla Street as North Pole public house (Class A4).

The application is accompanied by an Environmental Impact Assessment.

I give notice that JLL **on behalf of** Drakar Limited acting for Far East Consortium International **has submitted 'further information' supplementing the Environmental Statement in relation to the above application, to the London Borough of Tower Hamlets Mulberry Place, 5 Clove Crescent, London E14 2BG**.

The Environmental Statement and 'further information' is available for viewing by members of the public at all reasonable hours at the Council offices (address as below), and also on the Council's web site at www.towerhamlets.gov.uk. The Council offices are open for the public - Monday to Friday 8am to 6pm. The latest date that this will be available for inspection will be: 15th February 2016

Copies of the 'further information' may be obtained at a charge from the Council offices (address as below) - copies may be obtained so long as stocks last. The charge for copies is provided on the Council's website: http://www.towerhamlets.gov.uk/lgsl/451-500/485_planning_applications/planning_application_fees_and.aspx

Any person who wishes to make representations regarding the application and the additional information should write to the London Borough of Tower Hamlets Planning Service at Development & Renewal, Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG within 21 days beginning with the date of this notice.

Dated: 25th January 2016

OWEN WHALLEY
Service Head – Planning and Building Control

TOWER HAMLETS

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Leisure Centre
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street, Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, E2.
8980 2243

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Get your kicks for free

Queen Mary University of London is running a free community football project for 16 to 25-year-olds every Friday, in conjunction with the London FA and West Ham Football Club.

Tennis

Birthday success for ace Zahid

YOUNG Wapping tennis player **Zahid Sufian** celebrated his ninth birthday early by winning his first clay court tournament.

Just 24 hours after losing in the semi-final of the grade four Bromley Tennis Centre event for youngsters aged nine and under, he showed his potential by winning the Park Langley Club's grade five tournament.

It was an all-round impressive performance.

Zahid won four matches to finish top of his group. In the semi-final he defeated Eric Ndreu and in the final against Stanley Farrell he was 4-0 down in the second set, but fought back to win the set, then clinched the third, 7-5.

Capoeira

Brazilian flavour comes to Mulberry

THE flavour of Brazil is coming to Tower Hamlets with capoeira classes at Mulberry Leisure Centre.

Classes for adults are held every Tuesday at 8pm and Saturday at 2pm, and cost £10.

Capoeira is a martial art that combines elements of dance, acrobatics and music.

It was developed in Brazil mainly by people of West African descent around the 16th century.

Mulberry Leisure Centre is at Richard Street, E1.

For more details, call 07769 343400.

Rugby

Players wanted whatever the level

IF you are interested in playing rugby, Millwall are currently recruiting players of all levels.

Whether you want to dust off your boots and get back on the pitch or need teaching from beginner level, you're welcome.

Sign up for club emails at **www.millwallrugby.com/play/index.html** then email **menschair@millwallrugby.com** and arrange to go along to the next training session.

Paffard stars as East take fight to title challengers

BY PETER FAULKNER

IT was ladies' day in Tower Hamlets when the women of East London Hockey Club and neighbouring Wapping all turned on the style.

East London started it all with a 3-1 win over Basildon's second team, while Wapping's ladies were unbeaten all weekend, winning two and drawing two.

East London ladies 2nd...3
Basildon 2nd...1

EAST London started the day sixth in their division but were not overawed by their second-placed visitors.

East opened the scoring with Catherine Weber making a beautiful deflection from a Kate Hendry penalty corner.

Kerry Jacks then got on the scoresheet and East turned round at the interval with a 2-1 advantage.

In the second half, Kelly Pavier made Jacks' second, with a great set up.

East's player of the match was Danni Paffard.

Wapping ladies 1s...3
Upminster...1

IT was a cold and bitter start to this Sunday morning game for Wapping but, despite the icy conditions, both teams wanted to play.

Wapping dominated the first ten minutes with lots of running in the attack and good passing from midfield.

Natasha Close opened the scoring after Jo Ward's speedy baseline run and clever pass across the goal.

Kate Radford put further pressure on the Upminster defence as they were passing the ball among themselves and forced an error.

Radford was quick to steal the ball and hit a shot past the goalkeeper.

Close added a cleverly deflected third before Upminster scored a consolation goal on the break. The ladies 6s cruised past Southend 6-0 and the seventh team defeated local rivals East London 8-0, two goals apiece from Laura Moyo-Reedijk, Tammy St John and Jo McGlynn and one each from Kat Alty and Ali Scott.

Clacton 1st...0
East London men 3rd...2

THE tangerine army gave Clacton a lesson. In the first half, East exerted constant pressure and were rewarded with a number of short corners. Man of the match Matt Kriek converted two of these with his dragflicks. The second half was a game of attrition. There were green card suspensions for two Clacton players and East's captain, Mike Hazlewood. All the while, East's defence was tenacious, with Andy Macey (pictured ©Graham Hodges) making solid saves while Clacton were unable to score from any of their seven penalty corners.

Soccer round-up

Gilroy bags three

FC HAMLETS have made a flying start to 2016 with two wins and eight goals.

Having crushed Ryan FC 4-1 in their first game of the new year, they followed up with a 4-1 success at home to Rochford.

The two wins have helped lift them up to second in the Essex Senior League table although Catholic United, three points behind, have the edge with three games in hand.

Hamlets were two goals up at half-time against Rochford,.

Jay Morris struck the first, following up a John Gilroy shot which hit the bar. Then Gilroy added the second from 25 yards.

Hamlets were in control in the second half and Gilroy put them 3-0 ahead before completing his hat-trick.

Rochford got a goal back five minutes from time but the game was over by then.

Added time adds to Sporting woes

Sporting Bengal...1
Burnham...1

SPARE a thought for Anwar Uddin's Sporting Bengal, anxious to get back to winning ways.

They were a goal up against Burnham, thanks to Tunde Adewunmi's 68th-minute strike at Mile End Stadium. But injury time stretched into an agonising 99th minute and was enough for Lee Scott to grab an equaliser and a share of the points.

Sporting deserved more from the game after a fine all-round display, but will be encouraged by their performance.

Pitch takes its toll

Enfield Reserves...4
Tower Hamlets WFC...0

TOWER Hamlets returned to action after their winter break and, on a pitch that left a lot to be desired, they held their own for 35 minutes.

But then an excellent finish, dinked over the keeper, saw Enfield go ahead and, despite the attack and midfield being restructured, The Cows got little reward for their attacking play.

Against the run of play, Enfield scored a second and two more goals wrapped the game up as tired legs and a strength sapping pitch finally took their toll.

Free soccer project

QUEEN Mary University of London, in Mile End, is running a free community football project every Friday, in conjunction with the London FA and West Ham Football Club.

The project, launched on January 15, sees coaches from West Ham delivering fun coaching sessions to anybody aged 16-25, regardless of ability, gender or experience.

Sessions are at Stepney Green Astroturf between 4-5pm.

No registration is needed and anybody interested in taking part in the sessions can just turn up and play.

Race is on to get funding

Budding athletes can apply for a share of a £1million pot to help them realise their sporting dreams. But time is running out – the deadline for applications is February 20. For more details, visit...

WWW.GLLSPORTFOUNDATION.ORG

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Four answer call from Kent

Cricket

FOUR of the borough's most promising young cricketers have been selected for special Kent winter squads.

Nizam Ahmed of Shapla Primary School has been chosen for the under-11s, Abutahid Dulal of the London Enterprise Academy is in the under-13s, Mahfazur Rahman of Stepney Green School will perform for the under-15s and Abul Hasnat of Stepney Green Sixth Form is in the under-17s.

After playing for Greenwich District in 2015, Nizam, Abutahid and Mahfazur will attend eight indoor training sessions, followed by two outdoors. After that, the 14 best players will be selected for the summer.

Abul, who had not played any cricket since the summer season at Blackheath, was invited for two weeks of trials at Kent's Canterbury headquarters.

Despite receiving only two weeks notice of his selection, Hasnat impressed the coaches and managers and his strong performances throughout led to his selection for the winter squad.

Simon Willis, high performance director of Kent, has offered Abul one-to-one sessions, which will have an impact on his overall performance and batting in particular.

Swimming

BETHNAL Green Sharks' young swimmers proved the top club at the Waltham Forest licensed level 3 meet at the London Aquatic Centre, taking 12 gold medals.

With more than 20 clubs competing the Sharks' nine and 12-year-olds pulled out all the stops.

There was a hat-trick of gold medals for Sam Kemp in the 9 years age group 50m butterfly, and both 50m and 100m breaststroke, while in the girls' 12-year-old category, Melissa Eloidin got her treble in the 50m butterfly and 50m and 100m breaststroke. Not far behind was Agni Hatzakis with a double gold success in the 12 years 50m and 100m backstroke.

Other gold medals were won by Wojciech Gawuc in 50m freestyle, Marina Horiuchi in the 100m butterfly, Kaia Cudmore in the 100m and 50m breaststroke and Sean Eloidin in the 50m butterfly.

There were silver medals for Kemp, Wojciech Gawuc, Joseph Lamb, Amelie Noor, Madison Taylor, and Agni Hatzakis. Shenea Mayer and Sasha Vinnicombe each recorded personal best times in all their four events.

Sport in brief

Grants to live your sporting dreams

BUDDING athletes in Tower Hamlets are being given the opportunity to share in a £1million pot to help them realise their sporting dreams.

But time is running out, because borough athletes only have until February 20 to submit a bid for funding.

Individuals can apply for £1,250 from the GLL Sport Foundation (GSF), operated by charitable social enterprise, GLL.

Last year, GSF supported 64 Tower Hamlets athletes in 24 disciplines

With the Rio Olympic and Paralympic Games just around the corner, the programme is supporting athletes that will look to compete at these games including weightlifter Mercy Brown.

For further information or to apply go to the GSF website at **www.gllsportfoundation.org**

Broad Street boxer to Spice up Dominica Olympic team

BY PETER FAULKNER

VALERIAN Spicer, of Shadwell's Broad Street Boxing Club, had to settle for a bronze medal at the prestigious Nations' Cup in Serbia, but she can still become a golden girl this year.

This unheralded female star has a busy year ahead that could end in her becoming the first ever woman to represent Dominica at the Olympics.

Spicer (pictured) will bid for her place in the Caribbean country's team by taking part in the first Games qualifier in Argentina later this year.

Before that, she will compete in a team match in Denmark, representing a north east London select squad alongside club mate Rod Douglas.

And after that she is due to box for the ABA English title belt.

The Nations Cup featured 34 national teams and 289 participants, many of whom were using the event as preparations for the Olympic qualifiers and Women's World Championships.

Valerian started her 60k campaign

against the tough Ala Yarshevich from Belorussia, who she cleverly outboxed to reach the quarter-finals. There she met experienced Moroccan Hasna Lachgar, a veteran of seven years international experience, but again won well.

In the semi final, Spicer fought Poland's 2014 World Championship quarter-finalist and world ranked boxer Kinga Siwa. It was a close encounter, but at the end of four hard rounds the Pole got the split decision.

Repton celebrate champion quartet

REPTON Boxing Club have four North East Divisional champions – and two of them didn't even have to lace on a glove at the Waltham Forest gym.

Tommy Roberts (under-52kg) and Jessie Dean Harris (under-81kg) both won on walkovers while Shiloh DeFreitas won on points against K Agius (Dagenham) at under-49kg and Levi Coates won the under-56kg title by outpointing K Salum of Lansbury.

Mohamed Khan won his quarter final against Sonny Ali (Five Star) at under-60kg.

Intriguingly, this sets up the possibility of a final against club-mate Michael Chalk providing both Repton boys win their semis.

Defeat means Umar is no longer a Contender

UMAR Sadiq, lost his Contender Series title by the narrowest of margins on January 16.

Repton fighter Sadiq defended his crown against Reece Ellis from Spennymoor in another round of the championship held at Birmingham.

This time Sadiq was beaten on a majority decision, although many ringsiders thought he had done enough to win the bout.

He will get the chance to become a champion once more, when the next round of the Contender series takes place in March.

■ AT the Sporting Ring show, Camberley, Repton juniors **Nathan Harris** and **Shahiem Somerville** both claimed fine points wins over Keith Connolly and Joe Gentle, both from the Mole Valley club.

Wadi wades into title bid

WADI Camacho, the Spanish-born Limehouse Elite gym cruiserweight, clearly outpointed Jindrich Velecky at The O2 on January 16.

The impressive Camacho is now aiming for title status and will fight Dan Woodgate for the Southern Area title at York Hall on February 27.

Basketball

Lions fail to shine for the cameras

London Lions...50
Leicester Riders...71

THE TV cameras descended on the Copper Box Arena for this league trophy first round match, but London Lions failed to produce a camera-pleasing performance.

Leicester are something of a jinx team, because they put the Lions out of last year's trophy and this season's league cup semi-final too.

Without injured point guard Nick Lewis, Lions lacked direction and were made to pay, as Tyler Bernardini rattled up 15 points as Riders seized control.

Lions put up a brave defensive wall after that and, while Bernardini led Leicester in scoring, it was the fact Lions missed 43 shots on the evening that saw them always second best.

The Lions have some time to regroup as they will not return to British Basketball League action until Sunday, January 31, when they visit Cheshire before facing Sheffield at the Copper Box on February 5.

More inside

For stories on hockey, cricket, swimming, football and more...

SEE PAGES 33-35

Ready to take on the world

Ruqsana Begum is 5ft 2ins tall and weighs just under 50kg, and wants to become world champion to erase the disappointment of having to pull out of her second title fight last year.

SEE BELOW

TOWER HAMLETS
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NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Boxing

FRANK Buglioni has decided not to quit boxing following his one-sided super-middleweight world title defeat against Russian Fedor Chudinov last September.

Instead, the former Repton fighter (pictured above at the famous club) will step up to the light-heavyweight division.

He returns to the ring at the Copper Box Arena, Stratford, on March 12.

Buglioni lost just two of his 20 fights at supermiddleweight and was European champion. And he is hoping to improve on that record at his new weight.

Warrior Princess returns

British Muay Thai champion Ruqsana Begum sets date for tilt at world title

BY PETER FAULKNER

THE Warrior Princess, aka Ruqsana Begum, is set to take another tilt at a Muay Thai world title in April, cheered on by home support.

Begum, whose other nickname is Little Miss Dynamite, will be challenging Sweden's Josefine Lindgren Knuttson at The Round, Hackney, on April 23.

Begum, a part-time science technician at Whitechapel's Swanlea School, should have fought the Swede at this venue in November.

But a virus ko'd the current British champion and doctors advised her not to fight... a bitter blow just days before her second crack at the world crown.

But since recovering, she has been back in the Bethnal Geen KO gym for serious training under Bill Judd and can't wait for her April date.

She is driven by success and says, if she had to give up the sport without having won a world title, she would feel her career had been a failure. While her personal ambition comes first, Begum's aim of being a role model to Muslim women is close behind.

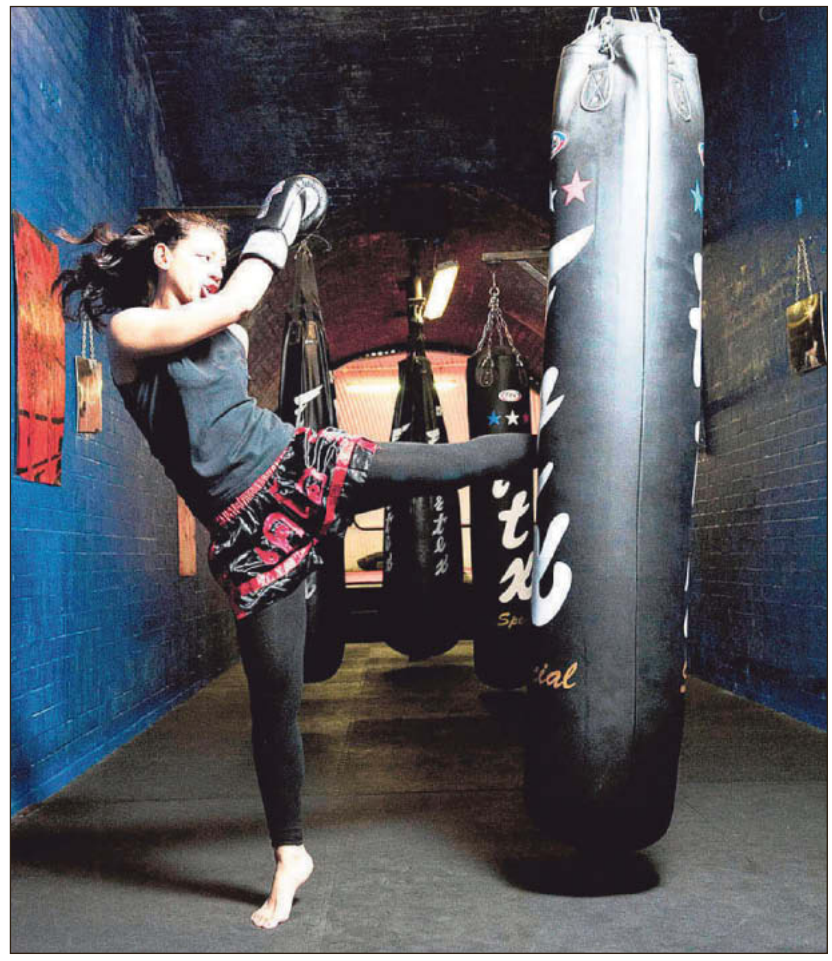
She stands at 5ft 2ins tall and weighs just under 50kg, and she now wants to become world champion and erase the disappointment of having to pull out of her second title fight last year.

On April 13, 2013, Begum fought Silvia La Notte from Italy at the New Bingley Hall in Birmingham for the International Sport Kickboxing Association (ISKA) World Championship.

Although leading on points, she took a knock to the head in the fourth round and the fight was abandoned.

On top of her own professional commitments, Begum is a personal trainer and instructor, a coach for the Fight for Peace charity and an ambassador for Sporting Equals charity.

She runs regular girls-only classes in keep fit and self defence.



Ruqsana, pictured in training

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A first meeting with the mayor

Residents put questions to John Biggs at mayoral assembly

SEE PAGE 6

Charity begins in Lebanon

Council worker moves to Beirut to help refugees

SEE PAGE 14

Striding out in Shadwell

Gallop along with **Graham Barker's** walk of the month

SEE PAGES 18 & 19

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NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

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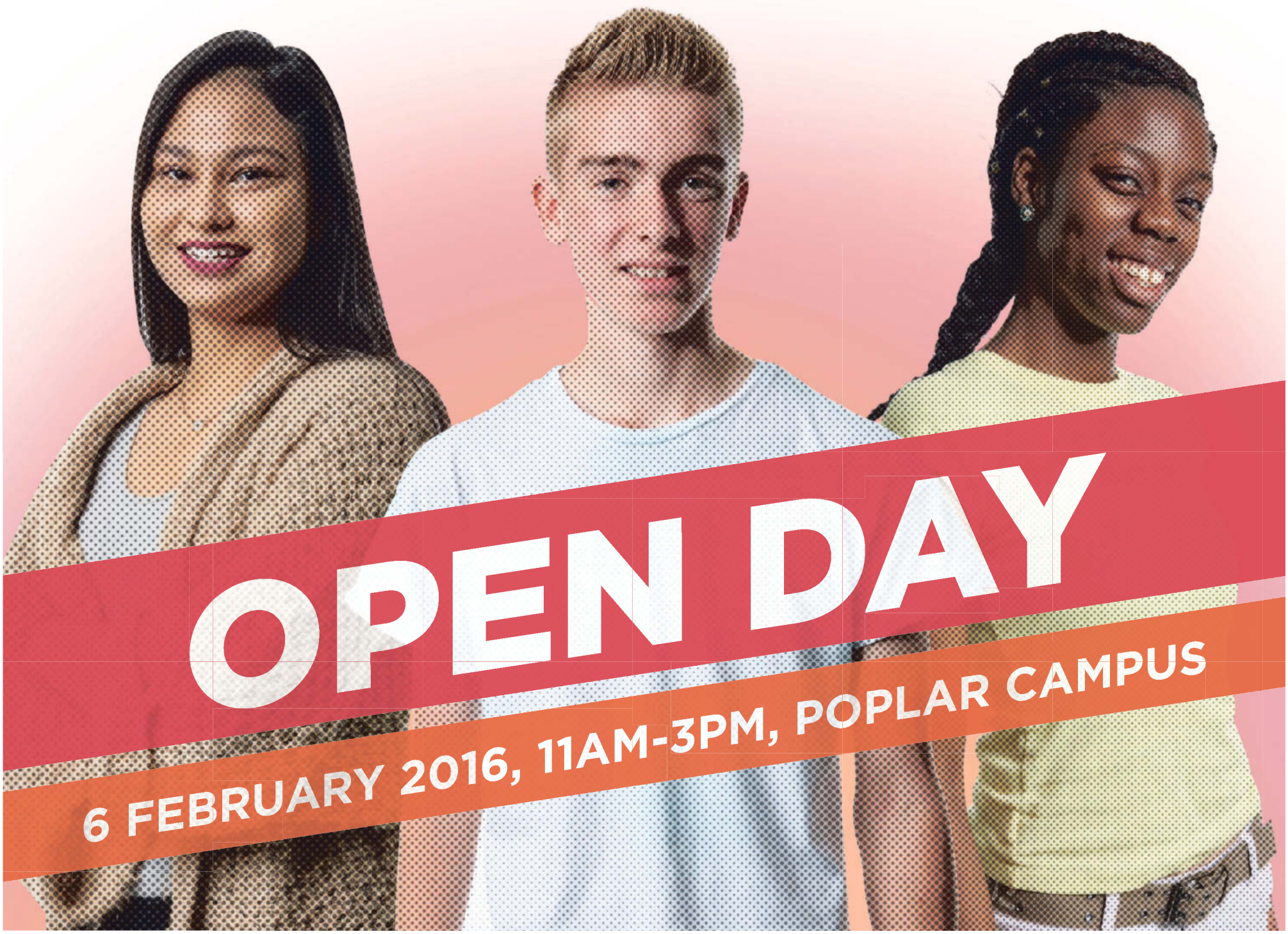
Ofsted 2014

Tower Hamlets College



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Ofsted 2014

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